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SPALDING'S

ATHLETIC LIBRARY

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Auxiliary Series

OFFICIAL HANDBOOK

Inter-Scholastic
Athletic Association of
Middle Atlantic States

1910

AMERICAN SPORTS PUBLISHING CO.

21 Warren Street, New York



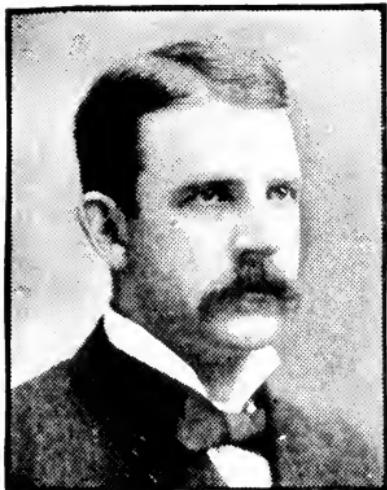
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Spalding's Athletic Library



A. G. SPALDING

Anticipating the present tendency of the American people toward a healthful method of living and enjoyment, Spalding's Athletic Library was established in 1892 for the purpose of encouraging athletics in every form, not only by publishing the official rules and records pertaining to the various pastimes, but also by instructing. Until to-day Spalding's Athletic Library is unique in its own particular field and has been conceded the greatest educational series on athletic and physical training subjects that has ever been compiled.

The publication of a distinct series of books devoted to athletic sports and pastimes and designed to occupy the premier place in America in its class was an early idea of Mr. A. G. Spalding, who was one of the first in America to publish a handbook devoted to athletic sports, Spalding's Official Base Ball Guide being the initial

number, which was followed at intervals with other handbooks on the sports prominent in the '70s.

Spalding's Athletic Library has had the advice and counsel of Mr. A. G. Spalding in all of its undertakings, and particularly in all books devoted to the national game. This applies especially to Spalding's Official Base Ball Guide and Spalding's Official Base Ball Record, both of which receive the personal attention of Mr. A. G. Spalding, owing to his early connection with the game as the leading pitcher of the champion Boston and Chicago teams of 1872-76. His interest does not stop, however, with matters pertaining to base ball; there is not a sport that Mr. Spalding does not make it his business to become familiar with, and that the Library will always maintain its premier place, with Mr. Spalding's able counsel at hand, goes without saying.

The entire series since the issue of the first number has been under the direct personal supervision of Mr. James E. Sullivan, President of the American Sports Publishing Company, and the total series of consecutive numbers reach an aggregate of considerably over three hundred, included in which are many "annuals," that really constitute the history of their particular sport in America year by year, back copies of which are even now eagerly sought for, constituting as they do the really first authentic records of events and official rules that have ever been consecutively compiled.

When Spalding's Athletic Library was founded, seventeen years ago, track and field athletics were practically unknown outside the larger colleges and a few athletic clubs in the leading cities, which gave occasional meets, when an entry list of 250 competitors was a subject of comment; golf was known only by a comparatively few persons; lawn tennis had some vogue and base ball was practically the only established field

EDITORS OF SPALDING'S ATHLETIC LIBRARY

sport, and that in a professional way; basket ball had just been invented; athletics for the schoolboy—and schoolgirl—were almost unknown, and an advocate of class contests in athletics in the schools could not get a hearing. To-day we find the greatest body of athletes in the world is the Public Schools Athletic League of Greater New York, which has had an entry list at its annual games of over two thousand, and in whose "elementary series" in base ball last year 106 schools competed for the trophy emblematic of the championship.

While Spalding's Athletic Library cannot claim that the rapid growth of athletics in this country is due to it solely, the fact cannot be denied that the books have had a great deal to do with its encouragement, by printing the official rules and instructions for playing the various games at a nominal price, within the reach of everyone, with the sole object that its series might be complete and the one place where a person could look with absolute certainty for the particular book in which he might be interested.

In selecting the editors and writers for the various books, the leading authority in his particular line has been obtained, with the result that no collection of books on athletic subjects can compare with Spalding's Athletic Library for the prominence of the various authors and their ability to present their subjects in a thorough and practical manner.

A short sketch of a few of those who have edited some of the leading numbers of Spalding's Athletic Library is given herewith:



JAMES E. SULLIVAN

President American Sports Publishing Company; entered the publishing house of Frank Leslie in 1878, and has been connected continuously with the publishing business since then and also as athletic editor of various New York papers; was a competing athlete; one of the organizers of the Amateur Athletic Union of the United States; has been actively on its board of governors since its organization until the present time, and President for two successive terms; has attended every champion-

ship meeting in America since 1879 and has officiated in some capacity in connection with American amateur championships track and field games for nearly twenty-five years; assistant American director Olympic Games, Paris, 1900; director Pan-American Exposition athletic department, 1901; chief department physical culture Louisiana Purchase Exposition, St. Louis, 1904; secretary American Committee Olympic Games, at Athens, 1906; honorary director of Athletics at Jamestown Exposition, 1907; secretary American Committee Olympic Games, at London, 1908; member of the Pastime A. C., New York; honorary member Missouri A. C., St. Louis; honorary member Olympic A. C., San Francisco; ex-president Pastime A. C., New Jersey A. C., Knickerbocker A. C.; president Metropolitan Association of the A. A. U. for fifteen years; president Outdoor Recreation League; with Dr. Luther H. Gulick organized the Public Schools Athletic League of New York, and is now chairman of its games committee and member executive committee; was a pioneer in playground work and one of the organizers of the Outdoor Recreation League of New York; appointed by President Roosevelt as special commissioner to the Olympic Games at Athens, 1906, and decorated by King George I. of the Hellenes (Greece) for his services in connection with the Olympic Games; appointed special commissioner by President Roosevelt to the Olympic Games at London, 1908; appointed by Mayor McClellan, 1908, as member of the Board of Education of Greater New York.

WALTER CAMP

For quarter of a century Mr. Walter Camp of Yale has occupied a leading position in college athletics. It is immaterial what organization is suggested for college athletics, or for the betterment of conditions, insofar as college athletics is concerned. Mr. Camp has always played an important part in its conferences, and the great interest in and high plane of college sport to-day, are undoubtedly due more to Mr. Camp than to any other individual. Mr. Camp has probably written more on college

athletics than any other writer and the leading papers and magazines of America are always anxious to secure his expert opinion on foot ball, track and field athletics, base ball and rowing. Mr. Camp has grown up with Yale athletics and is a part of Yale's remarkable athletic system. While he has been designated as the "Father of Foot Ball," it is a well known fact that during his college career Mr. Camp was regarded as one of the best players that ever represented Yale on the base ball field, so when we hear of Walter Camp as a foot ball expert we must also remember his remarkable knowledge of the game of base ball, of which he is a great admirer. Mr. Camp has edited Spalding's Official Foot Ball Guide since it was first published, and also the Spalding Athletic Library book on How to Play Foot Ball. There is certainly no man in American college life better qualified to write for Spalding's Athletic Library than Mr. Camp.



DR. LUTHER HALSEY GULICK

The leading exponent of physical training in America; one who has worked hard to impress the value of physical training in the schools; when physical training was combined with education at the St. Louis Exposition in 1904 Dr. Gulick played an important part in that congress; he received several awards for his good work and had many honors conferred upon him; he is the author of a great many books on the subject; it was Dr. Gulick, who, acting on the suggestion of James E. Sullivan,

organized the Public Schools Athletic League of Greater New York, and was its first Secretary; Dr. Gulick was also for several years Director of Physical Training in the public schools of Greater New York, resigning the position to assume the Presidency of the Playground Association of America. Dr. Gulick is an authority on all subjects pertaining to physical training and the study of the child.



JOHN B. FOSTER

Successor to the late Henry Chadwick ("Father of Base Ball") as editor of Spalding's Official Base Ball Guide; sporting editor of the New York Evening Telegram; has been in the newspaper business for many years and is recognized throughout America as a leading writer on the national game; a staunch supporter of organized base ball, his pen has always been used for the betterment of the game.



TIM MURNANE

Base Ball editor of the Boston Globe and President of the New England League of Base Ball Clubs; one of the best known base ball men of the country; known from coast to coast; is a keen follower of the game and prominent in all its councils; nearly half a century ago was one of America's foremost players; knows the game thoroughly and writes from the point of view both of player and an official.



HARRY PHILIP BURCHELL

Sporting editor of the New York Times; graduate of the University of Pennsylvania; editor of Spalding's Official Lawn Tennis Annual; is an authority on the game; follows the movements of the players minutely and understands not only tennis but all other subjects that can be classed as athletics; no one is better qualified to edit this book than Mr. Burchell.



GEORGE T. HEPBRON

Former Young Men's Christian Association director; for many years an official of the Athletic League of Young Men's Christian Associations of North America; was connected with Dr. Luther H. Gulick in Young Men's Christian Association work for over twelve years; became identified with basket ball when it was in its infancy and has followed it since, being recognized as the leading exponent of the official rules; succeeded Dr. Gulick as editor of the Official Basket Ball

Guide and also editor of the Spalding Athletic Library book on How to Play Basket Ball.



JAMES S. MITCHEL

Former champion weight thrower; holder of numerous records, and is the winner of more championships than any other individual in the history of sport; Mr. Mitchel is a close student of athletics and well qualified to write upon any topic connected with athletic sport; has been for years on the staff of the New York Sun.

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FREDERICK R. TOOMBS

A well known authority on skating, rowing, boxing, racquets, and other athletic sports; was sporting editor of American Press Association, New York; dramatic editor; is a lawyer and has served several terms as a member of Assembly of the Legislature of the State of New York; has written several novels and historical works.



R. L. WELCH

A resident of Chicago; the popularity of indoor base ball is chiefly due to his efforts; a player himself of no mean ability; a first-class organizer; he has followed the game of indoor base ball from its inception.



DR. HENRY S. ANDERSON

Has been connected with Yale University for years and is a recognized authority on gymnastics; is admitted to be one of the leading authorities in America on gymnastic subjects; is the author of many books on physical training.



CHARLES M. DANIELS

Just the man to write an authoritative book on swimming; the fastest swimmer the world has ever known; member New York Athletic Club swimming team and an Olympic champion at Athens in 1906 and London, 1908. In his book on Swimming, Champion Daniels describes just the methods one must use to become an expert swimmer.



GUSTAVE BOJUS

Mr. Bojus is most thoroughly qualified to write intelligently on all subjects pertaining to gymnastics and athletics; in his day one of America's most famous amateur athletes; has competed successfully in gymnastics and many other sports for the New York Turn Verein; for twenty years he has been prominent in teaching gymnastics and athletics; was responsible for the famous gymnastic championship teams of Columbia University; now with the Jersey City high schools.

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MICHAEL C. MURPHY



The world's most famous athletic trainer; the champion athletes that he has developed for track and field sports, foot ball and base ball fields, would run into thousands; he became famous when at Yale University and has been particularly successful in developing what might be termed championship teams; his rare good judgment has placed him in an enviable position in the athletic world; now with the University of Pennsylvania; during his career has trained only at two colleges and one athletic club, Yale and the University of Pennsylvania and Detroit Athletic Club; his most recent triumph was that of training the famous American team of athletes that swept the field at the Olympic Games of 1908 at London.

DR. C. WARD CRAMPTON



Succeeded Dr. Gulick as director of physical training in the schools of Greater New York; as secretary of the Public Schools Athletic League is at the head of the most remarkable organization of its kind in the world; is a practical athlete and gymnast himself, and has been for years connected with the physical training system in the schools of Greater New York, having had charge of the High School of Commerce.

DR. GEORGE J. FISHER



Has been connected with Y. M. C. A. work for many years as physical director at Cincinnati and Brooklyn, where he made such a high reputation as organizer that he was chosen to succeed Dr. Luther H. Gulick as Secretary of the Athletic League of Y. M. C. A.'s of North America, when the latter resigned to take charge of the physical training in the Public Schools of Greater New York.

DR. GEORGE ORTON



On athletics, college athletics, particularly track and field, foot ball, soccer foot ball, and training of the youth, it would be hard to find one better qualified than Dr. Orton; has had the necessary athletic experience and the ability to impart that experience intelligently to the youth of the land; for years was the American, British and Canadian champion runner.

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CHARLES JACOBUS

Admitted to be the "Father of Roque;" one of America's most expert players, winning the Olympic Championship at St. Louis in 1904; an ardent supporter of the game and follows it minutely, and much of the success of roque is due to his untiring efforts; certainly there is no one better qualified to write on this subject than Mr. Jacobus.



DR. E. B. WARMAN

Well known as a physical training expert; was probably one of the first to enter the field and is the author of many books on the subject; lectures extensively each year all over the country.



W. J. CROMIE

Now with the University of Pennsylvania; was formerly a Y. M. C. A. physical director; a keen student of all gymnastic matters; the author of many books on subjects pertaining to physical training.



G. M. MARTIN

By profession a physical director of the Young Men's Christian Association; a close student of all things gymnastic, and games for the classes in the gymnasium or clubs.



PROF. SENAC

A leader in the fencing world; has maintained a fencing school in New York for years and developed a great many champions; understands the science of fencing thoroughly and the benefits to be derived therefrom.

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Giving the Titles of all Spalding Athletic Library Books now
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- No. 321 Official Handbook National Playground Ball Assn.

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- No. 332 Spalding's Official Canadian Foot Ball Guide.
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The leading Base Ball annual of the country, and the official authority of the game. Contains the official playing rules, with an explanatory index of the rules compiled by Mr. A. G. Spalding; pictures of all the teams in the National, American and minor leagues; reviews of the season; college Base Ball, and a great deal of interesting information. Price 10 cents.

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There is no better way of becoming a proficient batter than by reading this book and practising the directions. Numerous illustrations. Price 10 cents.

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This book gives clear and concise directions for excelling as a base runner; tells when to run and when not to do so; how and when to slide; team work on the bases; in fact, every point of the game is thoroughly explained. Illustrated. Price 10 cents.

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A new, up-to-date book. Its contents are the practical teaching of men who have reached the top as pitchers, and who know how to impart a knowledge of their art. All the big leagues' pitchers are shown. Price 10 cents.



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Every boy who has hopes of being a clever catcher should read how well-known players cover their position. Pictures of all the noted catchers in the big leagues. Price 10 cents.

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Third base is, in some respects, the most important of the infield. All the points explained. Price 10 cents.

No. 228—How to Play Shortstop.

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An invaluable guide for the outfielder. Price 10 cents.

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No. 219—Ready Reckoner of Base Ball Percentages.

To supply a demand for a book which would show the percentage of clubs without recourse to the arduous work of figuring, the publishers had these tables compiled by an expert. Price 10 cents.

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No. 319—Minor League Base Ball Guide.

The minors' own guide. Edited by President T. H. Murnane, of the New England League. Price 10 cents.

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No. 320—Official Handbook of the National League of Professional Base Ball Clubs.

Contains the Constitution, By-Laws, Official Rules, Averages, and schedule of the National League for the current year, together with list of club officers and reports of the annual meetings of the League. Price 10 cents.

No. 321—Official Handbook National Playground Ball Association.

This game is specially adapted for playgrounds, parks, etc., is spreading rapidly. The book contains a description of the game, rules and list of officers. Price 10 cents.

Group II. Foot Ball

No. 2—Spalding's Official Foot Ball Guide.

Edited by Walter Camp. Contains the new rules, with diagram of field; All-America teams as selected by the leading authorities; reviews of the game from various sections of the country; scores; pictures. Price 10 cents.

No. 334—Code of the Foot Ball Rules.

This book is meant for the use of officials, to help them to refresh their memories before a game and to afford them a quick means of ascertaining a point during a game. It also gives a ready means of finding a rule in the Official Rule Book, and is of great help to a player in studying the Rules. Compiled by C.W. Short, Harvard, 1908. Price 10 cents.

No. 324—How to Play Foot Ball.

Edited by Walter Camp, of Yale. Everything that a beginner wants to know and many points that an expert will be glad to learn. Snapshots of leading teams and players in action, with comments by Walter Camp. Price 10 cents.

No. 2A—Spalding's Official Association Soccer Foot Ball Guide.

A complete and up-to-date guide to the "Soccer" game in the United States, containing instructions for playing the game, official rules, and interesting news from all parts of the country. Illustrated. Price 10 cents.



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The official book of the game in Canada. Price 10 cents.

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No. 157—How to Play Lawn Tennis.

A complete description of lawn tennis; a lesson for beginners and directions telling how to make the most important strokes. Illustrated. Price 10 cents.

No. 279—Strokes and Science of Lawn Tennis.

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Prominent in the sports at Vassar, Smith, Wellesley, Bryn Mawr and other leading colleges. Price 10 cents.

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Containing the rules for each game. Illustrated. Price 10 cents.

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A new game for the gymnasium. Exciting as basket ball. Price 10 cents.

HOCKEY AUXILIARY.

No. 256—Official Handbook of the Ontario Hockey Association.

Contains the official rules of the Association, constitution, rules of competition, list of officers, and pictures of leading players. Price 10 cents.

Group VII. Basket Ball

No. 7—Spalding's Official Basket Ball Guide.

Edited by George T. Hepbron. Contains the revised official rules, decisions on disputed points, records of prominent teams, reports on the game from various parts of the country. Illustrated. Price 10 cents.



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No. 193—How to Play Basket Ball.

By G. T. Hepbron, editor of the Official Basket Ball Guide. Illustrated with scenes of action. Price 10 cents.

No. 318—Official Basket Ball Guide for Women.

Edited by Miss Senda Berenson, of Smith College. Contains the official playing rules and special articles on the game by prominent authorities. Illustrated. Price 10 cents.

BASKET BALL AUXILIARY.

No. 323—Collegiate Basket Ball Handbook.

The official publication of the Collegiate Basket Ball Association. Contains the official rules, records, All-America selections, reviews, and pictures. Edited by H. A. Fisher, of Columbia. Price 10 cents.

Group VIII. Bowling

No. 8—Spalding's Official Bowling Guide.



The contents include: diagrams of effective deliveries; hints to beginners; how to score; official rules; spares, how they are made; rules for cocked hat, quintet, cocked hat and feather, battle game, etc. Price 10 cents.

Group IX. Indoor Base Ball

No. 9—Spalding's Official Indoor Base Ball Guide.

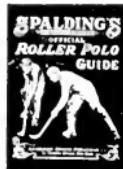
America's national game is now vieing with other indoor games as a winter pastime. This book contains the playing rules, pictures of leading teams, and interesting articles on the game by leading authorities on the subject. Price 10 cents.



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No. 10—Spalding's Official Roller Polo Guide.

Edited by J. C. Morse. A full description of the game; official rules, records; pictures of prominent players. Price 10 cents.



No. 129—Water Polo.

The contents of this book treat of every detail, the individual work of the players, the practice of the team, how to throw the ball, with illustrations and many valuable hints. Price 10 cents.

No. 199—Equestrian Polo.

Compiled by H. L. Fitzpatrick of the New York Sun. Illustrated with portraits of leading players, and contains most useful information for polo players. Price 10 cents.

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No. 201—Lacrosse.

Every position is thoroughly explained in a most simple and concise manner, rendering it the best manual of the game ever published. Illustrated with numerous snapshots of important plays. Price 10 cents.

No. 322—Official Handbook U. S. Inter-Collegiate Lacrosse League.

Contains the constitution, by-laws, playing rules, list of officers and records of the association. Price 10 cents.

No. 271—Spalding's Official Roque Guide.

The official publication of the National Roque Association of America. Contains a description of the courts and their construction, diagrams, illustrations, rules and valuable information. Price 10 cents.

SPALDING ATHLETIC LIBRARY

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A new and up-to-date book on this fascinating pastime. The several varieties of archery; instructions for shooting; how to select implements; how to score; and a great deal of interesting information. Illustrated. Price 10 cents.

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How to play each game is thoroughly explained, and all the difficult strokes shown by special photographs taken especially for this book. Contains the official rules for each game. Price 10 cents.

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Contains a description of the plays used by experts and the official rules. Illustrated. Price 10 cents.

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This book contains the official rules and a sketch of the game; illustrated. Price 10 cents.

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By the world's champion, Michael Egan. Every play is thoroughly explained by text and diagram. Illustrated. Price 10 cents.

No. 14—Curling.

A short history of this famous Scottish pastime, with instructions for play, rules of the game, definitions of terms and diagrams of different shots. Price 10 cents.

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How to construct a green; how to play the game, and the official rules of the Scottish Bowling Association. Illustrated. Price 10 cents.

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Lawn Hockey, Garden Hockey, Hand Tennis, Tether Tennis; also Volley Ball, Parlor Hockey, Badminton, Basket Goal. Price 10 cents.

Group XII. Athletics

No. 12—Spalding's Official Athletic Almanac.

Compiled by J. E. Sullivan, President of the Amateur Athletic Union. The only annual publication now issued that contains a complete list of amateur best-on-records; intercollegiate, swimming, interscholastic, English, Irish, Scotch, Swedish, Continental, South African, Australasian; numerous photos of individual athletes and leading athletic teams. Price 10 cents.



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M. C. Murphy, the well-known athletic trainer, now with Pennsylvania, the author of this book, has written it especially for the schoolboy and college man, but it is invaluable for the athlete who wishes to excel in any branch of athletic sport; profusely illustrated. Price 10 cents.

No. 182—All-Around Athletics.

Gives in full the method of scoring the All-Around Championship; how to train for the All-Around Championship. Illustrated. Price 10 cents.

No. 156—Athlete's Guide.

Full instructions for the beginner, telling how to sprint, hurdle, jump and throw weights, general hints on training; valuable advice to beginners and important A. A. U. rules and their explanations, while the pictures comprise many scenes of champions in action. Price 10 cents.

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A complete account of the Olympic Games of 1906, at Athens, the greatest International Athletic Contest ever held. Compiled by J. E. Sullivan, Special United States Commissioner to the Olympic Games. Price 10 cents.

No. 87—Athletic Primer.

Edited by J. E. Sullivan, Ex-President of the Amateur Athletic Union. Tells how to organize an athletic club, how to conduct an athletic meeting, and gives rules for the government of athletic meetings; contents also include directions for laying out athletic grounds, and a very instructive article on training. Price 10 cents.

No. 252—How to Sprint.

Every athlete who aspires to be a sprinter can study this book to advantage. Price 10 cents.

No. 255—How to Run 100 Yards.

By J. W. Morton, the noted British champion. Many of Mr. Morton's methods of training are novel to American athletes, but his success is the best tribute to their worth. Illustrated. Price 10 cents.

No. 174—Distance and Cross-Country Running.

By George Orton, the famous University of Pennsylvania runner. The quarter, half, mile, the longer distances, and cross-country running and steeplechasing, with instructions for training; pictures of leading athletes in action, with comments by the editor. Price 10 cents.

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Probably no other man in the world has had the varied and long experience of James S. Mitchel, the author, in the weight throwing department of athletics. The book gives valuable information not only for the novice, but for the expert as well. Price 10 cents.

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By Geo. W. Orton. Each event in the intercollegiate programme is treated of separately. Price 10 cents.

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Contains rules not found in other publications for the government of many sports; rules for wrestling, shuffleboard, snowshoeing, professional racing, pigeon shooting, dog racing, pistol and revolver shooting, British water polo rules, Rugby football rules. Price 10 cents.

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No. 311—Official Handbook of the A.A.U.

The A. A. U. is the governing body of athletes in the United States of America, and all games must be held under its rules, which are exclusively published in this handbook, and a copy should be in the hands of every athlete and every club officer in America. Price 10 cents.

No. 316—Official Intercollegiate A.A.A.A. Handbook.

Contains constitution, by-laws, and laws of athletics; records from 1876 to date. Price 10 cents.

No. 308—Official Handbook New York Interscholastic Athletic Association.

Contains the Association's records, constitution and by-laws and other information. Price 10 cents.

No. 302—Official Y.M.C.A. Handbook.

Contains the official rules governing all sports under the jurisdiction of the Y. M. C. A., official Y. M. C. A. scoring tables, pentathlon rules, pictures of leading Y. M. C. A. athletes. Price 10 cents.

No. 313—Official Handbook of the Public Schools Athletic League.

Edited by Dr. C. Ward Crampton, director of physical education in the Public Schools of Greater New York. Illustrated. Price 10 cents.

SPALDING ATHLETIC LIBRARY

No. 314—Official Handbook Girls' Branch of the Public Schools Athletic League.

The official publication. Contains: constitution and by-laws, list of officers, donors, founders, life and annual members, reports and illustrations. Price 10 cents.

No. 331—Schoolyard Ath- letics.

By J. E. Sullivan, Ex-President Amateur Athletic Union and member of Board of Education of Greater New York. An invaluable handbook for the teacher and the pupil. Gives a systematic plan for conducting school athletic contests and instructs how to prepare for the various events. Illustrated. Price 10 cents.

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A new and up-to-date book on this popular pastime. Contains pictures of the leading Marathon runners, methods of training, and best times made in various Marathon events. Price 10 cents.

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By Champion C. M. Daniels of the New York Athletic Club team, holder of numerous American records, and the best swimmer in America qualified to write on the subject. Any boy should be able to increase his speed in the water after reading Champion Daniels' instructions on the subject. Price 10 cents.

No. 128—How to Row.

By E. J. Giannini, of the New York Athletic Club, one of America's most famous amateur oarsmen and champions. Shows how to hold the oars, the finish of the stroke and other valuable information. Price 10 cents.

No. 23—Canoeing.

Iaddling, sailing, cruising and racing canoes and their uses; with hints on rig and management; the choice of a canoe; sailing canoes, racing regulations; canoeing and camping. Fully illustrated. Price 10 cents.

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Contains advice for beginners; how to become a figure skater, showing how to do all the different tricks of the best figure skaters. Pictures of prominent skaters and numerous diagrams. Price 10 cents.

No. 282—Official Roller Skat- ing Guide.

Directions for becoming a fancy and trick roller skater, and rules for roller skating. Pictures of prominent trick skaters in action. Price 10 cents.

No. 178—How to Train for Bicycling.

Gives methods of the best riders when training for long or short distance races; hints on training. Revised and up-to-date in every particular. Price 10 cents.

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No. 140—Wrestling.

Catch-as-catch-can style. Seventy illustrations of the different holds, photographed especially and so described that anybody can with little effort learn every one. Price 10 cents.

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By Dr. Edward Breck, of Boston, editor of *The Swordsman*, a prominent amateur fencer. A book that has stood the test of time, and is universally acknowledged to be a standard work. Illustrated. Price 10 cents.

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Contains over 70 pages of illustrations showing all the latest blows, posed especially for this book under the supervision of a well-known instructor of boxing, who makes a specialty of teaching and knows how to impart his knowledge. Price 10 cents.

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By Regis and Louis Senac, of New York, famous instructors and leading authorities on the subject. Gives in detail how every move should be made. Price 10 cents.

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The most complete and up-to-date book on wrestling ever published. Edited by F. R. Toombs, and devoted principally to special poses and illustrations by George Hackenschmidt, the "Russian Lion." Price 10 cents.

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Any boy, by reading this book and following the instructions, can become proficient. Price 10 cents.

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Specially compiled for amateurs by Dr. James T. Gwathmey. Every variety of the pastime explained by text and pictures, over 100 different positions being shown. Price 10 cents.

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The best treatise on bag punching that has ever been printed. Every variety of blow used in training is shown and explained, with a chapter on fancy bag punching by a well-known theatrical bag puncher. Price 10 cents.

No. 200—Dumb-Bells.

The best work on dumb-bells that has ever been offered. By Prof. G. Bojus, of New York. Contains 200 photographs. Should be in the hands of every teacher and pupil of physical culture, and is invaluable for home exercise. Price 10 cents.

No. 143—Indian Clubs and Dumb-Bells.

By America's amateur champion club swinger, J. H. Dougherty. It is clearly illustrated, by which any novice can become an expert. Price 10 cents.

No. 262—Medicine Ball Exercises.

A series of plain and practical exercises with the medicine ball, suitable for boys and girls, business and professional men, in and out of gymnasium. Price 10 cents.

No. 29—Pulley Weight Exercises.

By Dr. Henry S. Anderson, instructor in heavy gymnastics Yale gymnasium. In conjunction with a chest machine anyone with this book can become perfectly developed. Price 10 cents.

No. 233—Jiu Jitsu.

Each move thoroughly explained and illustrated with numerous full-page pictures of Messrs. A. Minami and K. Koyama, two of the most famous exponents of the art of Jiu Jitsu, who posed especially for this book. Price 10 cents.

No. 166—How to Swing Indian Clubs.

By Prof. E. B. Warman. By following the directions carefully anyone can become an expert. Price 10 cents.

No. 326—Professional Wrestling.

A book devoted to the catch-as-catch-can style; illustrated with half-tone pictures showing the different holds used by Frank Gotch, champion catch-as-catch-can wrestler of the world. Posed by Dr. Roller and Charles Postl. By Ed. W. Smith, Sporting Editor of the Chicago American. Price 10 cents.

Group XV. Gymnastics

No. 104—The Grading of Gymnastic Exercises.

By G. M. Martin. A book that should be in the hands of every physical director of the Y. M. C. A., school, club, college, etc. Price 10 cents.

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No. 214—Graded Calisthenics and Dumb-Bell Drills.

For years it has been the custom in most gymnasiums of memorizing a set drill, which was never varied. Consequently the beginner was given the same kind and amount as the older member. With a view to giving uniformity the present treatise is attempted. Price 10 cents.

No. 254—Barnum Bar Bell Drill.

Edited by Dr. R. Tait McKenzie, Director Physical Training, University of Pennsylvania. Profusely illustrated. Price 10 cents.

No. 158—Indoor and Outdoor Gymnastic Games.

A book that will prove valuable to indoor and outdoor gymnasiums, schools, outings and gatherings where there are a number to be amused. Price 10 cents.

No. 124—How to Become a Gymnast.

By Robert Stoll, of the New York A. C., the American champion on the flying rings from 1885 to 1892. Any boy can easily become proficient with a little practice. Price 10 cents.

No. 287—Fancy Dumb Bell and Marching Drills.

All concede that games and recreative exercises during the adolescent period are preferable to set drills and monotonous movements. These drills, while designed primarily for boys, can be used successfully with girls and men and women. Profusely illustrated. Price 10 cents.

No. 327—Pyramid Building Without Apparatus.

By W. J. Cromie, Instructor of Gymnastics, University of Pennsylvania. With illustrations showing many different combinations. This book should be in the hands of all gymnasium instructors. Price 10 Cents.

No. 328—Exercises on the Parallel Bars.

By W. J. Cromie. Every gymnast should procure a copy of this book. Illustrated with cuts showing many novel exercises. Price 10 cents.

No. 329—Pyramid Building with Chairs, Wands and Ladders.

By W. J. Cromie. Illustrated with half-tone photographs showing many interesting combinations. Price 10 cents.

GYMNASТИC AUXILIARY.

No. 333—Official Handbook Inter-Collegiate Association Amateur Gymnasts of America.

Edited by P. R. Carpenter, Physical Director Amherst College. Contains pictures of leading teams and individual champions, official rules governing contests, records. Price 10 cents.

Physical Group XVI. Culture

No. 161—Ten Minutes' Exercise for Busy Men.

By Dr. Luther Halsey Gulick, Director of Physical Training in the New York Public Schools. A concise and complete course of physical education. Price 10 cents.

No. 208—Physical Education and Hygiene.

This is the fifth of the Physical Training series, by Prof. E. B. Warman (see Nos. 142, 149, 166, 185, 213, 261, 290.) Price 10 cents.

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A book that all who value health should read and follow its instructions. By Prof. E. B. Warman, the well-known lecturer and authority on physical culture. Price 10 cents.

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By Prof. E. B. Warman. A complete, thorough and practical book where the whole man is considered—brain and body. Price 10 cents.

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By Dr. L. H. Gulick. A complete treatise on the correct method of acquiring strength. Illustrated. Price 10 cents.

No. 234—School Tactics and Maze Running.

A series of drills for the use of schools. Edited by Dr. Luther Halsey Gulick. Price 10 cents.

No. 261—Tensing Exercises

By Prof. E. B. Warman. The "Tensing" or "Resisting" system of muscular exercises is the most thorough, the most complete, the most satisfactory, and the most fascinating of systems. Price 10 cents.

No. 285—Health; by Museumar Gymnastics.

With hints on right living. By W. J. Cromie. If one will practice the exercises and observe the hints therein contained, he will be amply repaid for so doing. Price 10 cents.

No. 288—Indigestion Treated by Gymnastics.

By W. J. Cromie. If the hints therein contained are observed and the exercises faithfully performed great relief will be experienced. Price 10 cents.

No. 290—Get Well; Keep Well.

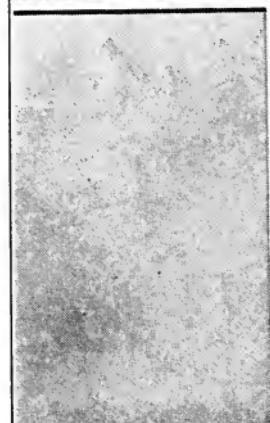
By Prof. E. B. Warman, author of a number of books in the Spalding Athletic Library on physical training. Price 10 cents.

No. 325—Twenty Minute Exercises.

By Prof. E. B. Warman, with chapters on "How to Avoid Growing Old," and "Fasting; Its Objects and Benefits." Price 10 cents.

No. 330—Physical Training for the School and Class Room.

Edited by G. R. Borden, Physical Director of the Y. M. C. A., Easton, Pa. A book that is for practical work in the school room. Illustrated. Price 10 cents.



2

1. William A. Joiner, President I.S.A.A.; 2. Edwin B. Henderson, Instructor Department of Physical Education of the High Schools of Washington, D. C.; General Manager I.S.A.A.

OFFICIAL HANDBOOK

Inter-Scholastic Athletic Association of Middle Atlantic States

Edited by

William A. Joiner and Edwin B. Henderson

PUBLISHED BY THE

AMERICAN SPORTS PUBLISHING COMPANY
21 WARREN STREET, NEW YORK

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FOREWORD

It is unfortunately true that the vitality of the Negro youth is seriously undermined by the crowded city life. Many young men leave our secondary schools and colleges to engage in strenuous work, amidst varying conditions, with bodies unsound and but few, if any, hygienic habits formed for life. Too little attention has been given to physical education by institutions of learning for colored youths. It is the purpose of this publication to bring before the race some methods and efforts used and results obtained for the benefit of Negro youth by the Interscholastic Athletic Association of Colored Schools.

Educational institutions, religious organizations, municipal and national governments are considering means to prevent racial degeneration and taking steps to have future generations of men healthful, strong and well-formed physical and mental beings. To preserve present health and to insure the future welfare of the race it is necessary that we build up a strong, virile youth. The American youth is successfully combating the degenerating influences of modern civilization in a large way through engaging in the many forms of athletic exercise and sports. More and more the young men and women of our race will have to be led into these paths to health and strength, and it is up to our leading men, women and institutions to provide means for and to support these wholesome, health-giving sports and diversions. It is hoped that this book will get to the hands of many young men and boys of our race. Throughout these pages will be found references to other books, notably those of Spalding's Athletic Library. These books can be obtained at ten cents each, and are invaluable to athletic managers, coaches, athletes and those interested in any branch of physical education.



1, Roscoe C. Bruce, Assistant Superintendent Public Schools of Washington, D. C.; 2, Wilbur Thirkleld, President Howard University.

LETTERS

NEW YORK CITY, N. Y., NOVEMBER 12, 1909.

Mr. W. A. Joiner, President, I.S.A.A.

DEAR SIR: I have kept in touch with the workings of the Interscholastic Athletic Association and wish to express my approval of the work you are doing. The Association is to be congratulated upon the pioneer work done in your field. You will undoubtedly meet with many forms of opposition, but a strict adherence to true athletic ideals will always keep your Association on top. See that competent, fearless, impartial officials are chosen for your games, and back them up in their offices. Use tact but firmness in dealing with athletes who defy authority and who oppose rules made to keep the standard of recreative athletic games high.

Endeavor to have schools for youth realize that their inmates cannot be successful in life, however well educated, unless they have sound bodies. Make evident to school authorities the benefits of properly conducted athletics.

Encourage sports that will admit great numbers in competition. Let your aims be to strengthen the vitality of youth and to build character. Any services that I can render for the good of the cause I shall gladly give. Again congratulating you all upon the quality of work you are doing, I remain, with all good wishes,

Sincerely yours,

JAMES E. SULLIVAN,
President A.A.U.



1. Edward C. Williams, Principal M Street High School of Washington, D. C.; 2. Mason A. Hawkins, Principal Colored High School of Baltimore, Md.; 3. Dr. Wilson B. Evans, Principal Armstrong Technical High School of Washington, D. C.

Letter received from Wilbur Thirkield, President Howard University.

HOWARD UNIVERSITY,
WASHINGTON, D. C.

PRESIDENT'S OFFICE.

NOVEMBER 11, 1900.

Mr. Edwin B. Henderson, Washington, D. C.

DEAR SIR: I am deeply impressed with the good service that such a body as the I. S. A. A. could do for athletics among the schools of the city, all of them being so closely affiliated with such a national center as is found at Howard University. By the employment of a skillful coach who has had large experience in teams at Exeter and Williams, the President and Board of Trustees indicate their interest in athletics on a rational and helpful basis.

Yours sincerely,

WILBUR THIRKIELD.

Letter received from Mason A. Hawkins, Principal Colored High School, Baltimore, Md.

The Interscholastic Athletic Association, Washington, D. C.

GENTLEMEN: Athletic contests of one kind or another are likely to form a part of the life activities of young men and even women for some time to come. Boys and girls of high school age need the opportunities for physical training, for the development of mental and moral hardihood which wholesome contests afford. Such contests, too, may be of great social value in periodically diverting the attention of the self-conscious adolescent to other than his own immediate personal interests.

But whether or not we agree as to the virtues or vices of athletic contests, we are all agreed that there



1. Robert N. Mattingly, Charter Representative to the I. S. A. A.; 2, Garnet C. Wilkinson, Editor of the "School Teacher," Treasurer I. S. A. A.

should be some intelligent, competent, controlling force. The Interscholastic A. A., in my opinion, is an organization along right lines, and I believe that, with its scheme of management, whereby immature, thoughtless youths are controlled and restrained by a board of mature, experienced advisors, athletic contests in secondary schools will soon win the approval of parents and school officials, for Americans love true, clean, sportsmanlike contests of skill, grit and endurance.

Respectfully,

MASON A. HAWKINS.

BOARD OF EDUCATION OF THE DISTRICT OF COLUMBIA.

WASHINGTON, D. C.

By DR. W. B. EVANS, Prin. Armstrong Technical High School.

Our high school athletic associations heretofore have largely concerned themselves with developing a few men to make a winning team rather than fostering true athletic love in every boy in school.

I believe that we are now going in the right direction, and when we see—and we will see it—every schoolboy taking part in physical games and sports, the influence of the I. S. A. A. will be remembered as a very large contributing force.

Letter received from J. O. Spencer, President Morgan College, Baltimore.

Prof. William A. Joiner, President Interscholastic Athletic Association.

DEAR SIR: I take great pleasure in commending your zealous efforts in the interest of school athletics. Properly organized and regulated, no department of school life is more helpful, both to the student and the



1. William H. J. Beckett, Vice-President I. S. A. A.; 2. William J. DeCatur, Recording Secretary I. S. A. A.; 3. Haley G. Douglass, Vice-President I. S. A. A.

teacher. On the other hand, unorganized and unregulated, few things can be more detrimental to a school. Up to the present, it may be said that most schools taking interest in athletics have run to the excesses of over-emphasis or dropped into deplorable neglect. There ought to be a middle ground in which the right training of the individual could receive attention. Educators are now practically agreed that, in scholastic matters, the highest, well-rounded development of the individual student is the ideal. Properly developed, individuality and all that it means stands for much in a system of education.

The treatment accorded athletics should in principle be neither less nor more than that which would be justified in any other study. If school athletics mean the abnormal development of the few to perform some marvelous stunts, the less we have of athletics the better; but, if, on the other hand, as measured by the ideals of your Association, athletics mean the development of the whole student body to make the most of their physical opportunities, then athletics should receive the most earnest support. This, I understand, your Association aims to do. May it greatly succeed.

Yours very truly,

J. O. SPENCER.

BOARD OF EDUCATION OF THE DISTRICT OF
COLUMBIA.

WASHINGTON, D. C.

M STREET HIGH SCHOOL,
E. C. WILLIAMS, Principal.

DECEMBER 7, 1909.

MY DEAR MR. HENDERSON: I am heartily in accord with the purposes of the I. S. A. A., and believe that in no way other than by the united efforts of all inter-



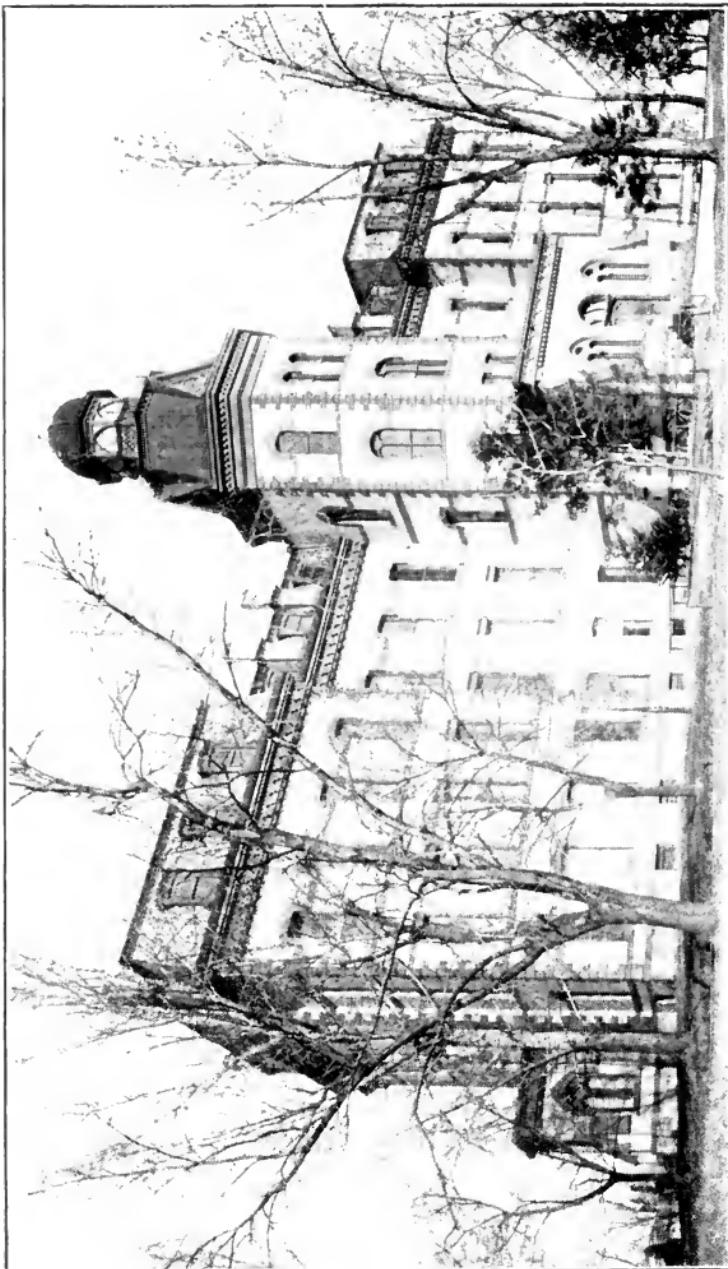
1. Benjamin Washington, Corresponding Secretary I. S. A. A.; 2. Samuel Compton, Armstrong Representative to I. S. A. A.; 3. J. A. B. Callis, Baltimore Colored High School Representative to I. S. A. A.

ested in athletics can the best results be obtained. As far as school sports are concerned, I feel very strongly that we cannot do too much to insure the realization of the highest ideals possible, for it is certainly true that it would be far better to abolish all inter-school contests than to permit them to take place under improper conditions.

The efforts of your organization deserve not only the hearty commendation but the unwavering support of all those interested in clean sports.

Very sincerely yours,

E. C. WILLIAMS.



HOWARD UNIVERSITY, MAIN BUILDING.

HISTORY OF THE I. S. A. A.

By ROBERT N. MATTINGLY,

Director Department of Mathematics of High Schools of 10, 11, 12, 13 Divisions
Public Schools, District of Columbia.

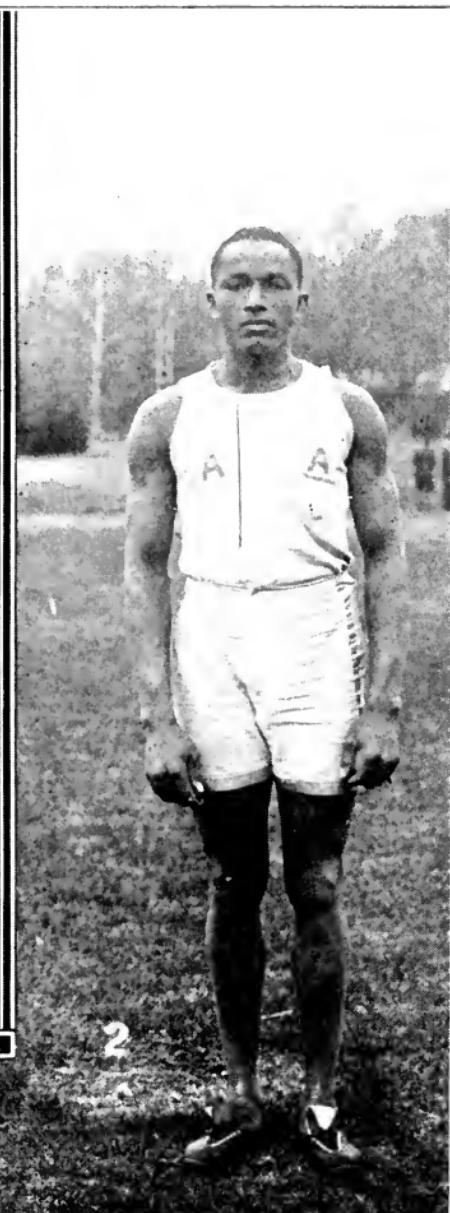
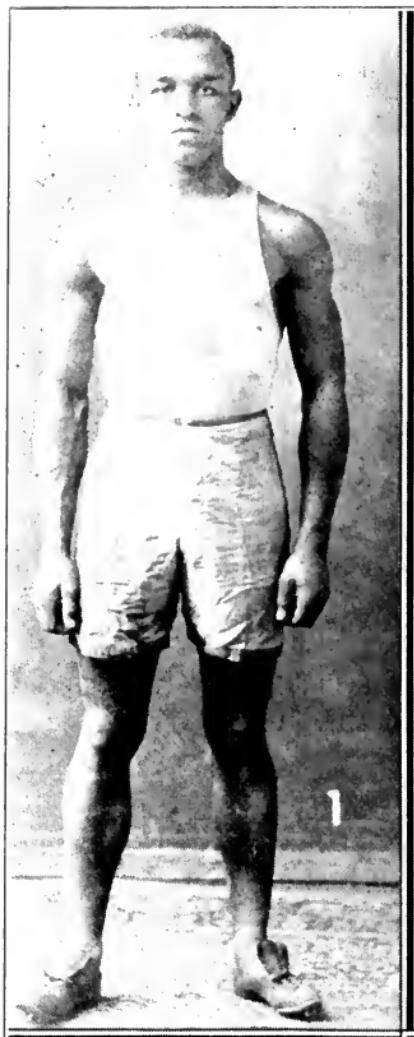
The Association bearing this name, though a comparatively recent organization, is beginning to be recognized as a power for good in the athletics of the schools and colleges for colored youth throughout the Middle Atlantic States.

Several conditions led to the formation of this organization. Among them was the fact that under the present conditions in the Middle and Southern sections, where the existence of separate institutions for the colored race is made necessary, the pupils of such institutions are not brought into competition with the representatives of the surrounding schools in the athletic meets under the A. A. U. and similar organizations.

Another reason was that the students of these schools are all of very modest means, many of them earning their way through school, and are, therefore, unable to raise large guarantees required to arrange games with the more distant Northern schools and colleges who would be willing to play them.

Add to the two mentioned reasons the fact that in the institutions for the education of the colored youth, athletics receive little or no aid from the institutional treasury, and that there are very few alumni who are able to give any considerable sums for such purposes, and it is easy to see that athletics under these conditions must live a precarious existence.

With these facts before them, in 1906, a few public-spirited men, teachers in the institutions of learning situated in Washington and Baltimore, met to devise means to afford the students in these schools a better field for athletic activities than they themselves had enjoyed while students of these same institutions.



1. John Pinkett, three-year "A" man in foot ball and two-year "A" man in track events at Amherst College. Started competition in M Street High School under auspices of I. S. A. A.; 2. Edward Gray, foot ball "A" and track "A" man at Amherst College; third all-American halfback, 1908; I. S. A. A. record holder for low hurdles, shot and hammer events.

Six men responded to the call for a meeting. They were Mr. W. J. DeCatur and Mr. W. A. Joiner of Howard University, Mr. Garnet C. Wilkinson of M Street High School, Mr. Robert Mattingly of Armstrong Technical High School, Mr. E. B. Henderson, physical training instructor in the public schools, and Mr. Ralph Cook of Baltimore High School.

The meeting was held in the room of Mr. W. A. Joiner at Howard University.

Discussion of the situation led to the opinion that the field of athletics among these schools should be widened. As at that time constituted, it included only foot ball and base ball; and for that reason only a few members of each school were reaping the benefits to be had from such exercise and outdoor sports. The view of the beautiful campus of Howard University suggested that this institution should be made the center of the athletic life of the local schools, and a committee was appointed to wait upon the Trustees of the University and ask them to lend some assistance to the project in the form of laying a running track on the campus for the holding of field and track sports.

An estimate of the cost of such a track was asked for, and when these officials were given the estimate of \$400, they promptly declined to undertake it, but offered to allow the petitioners to build the track, provided the two instructors who were employed in the University would take the personal responsibility for its completion, and, in case of failure, would replace the sod in its original condition.

Under these conditions the organization began its work for the uplift of the athletic life of the respective schools.

In about five weeks the track was laid, about one-fourth of the entire track being laid by voluntary labor on the part of the students of M Street High School, Armstrong Technical High School and Howard University. The remainder was built by hired labor and paid for from the personal funds of the men mentioned. At times the Association was in debt to its individual members in sums varying from \$10 to \$100, with no assurance, save their faith, that it would ever owe them less.



1. Merton Robinson, noted foot ball and basket ball coach; 2, Lewis E. Johnson, Secretary Y. M. C. A., Twelfth Street Branch.

The teachers of the several schools subscribed for a grand prize in the form of a trophy cup, to be contested for annually by the schools, and the organization spent another \$120 in medals and prizes.

Track teams of the High Schools were trained by Mr. E. B. Henderson; of Howard University by Mr. W. A. Joiner and Mr. DeCatur, and of Baltimore High School by Mr. Cook and Dr. Smith.

The first meet, held May 30, 1906, called out the largest crowd that had ever gathered on the University campus and proved the popularity of the movement. Between seventy-five and one hundred young men competed in the events, many of whom had for their first time beheld a field and track meet. To the spectators generally it was an entirely new experience.

The competing teams were from Howard, M Street High, Armstrong Technical, Baltimore High, Wilmington High, Baltimore Y. M. C. A., Washington Y. M. C. A. and several local athletic clubs who competed in the open events. The meet was a decided success and the receipts almost wiped out the indebtedness of the Association.

The following winter basket ball was introduced, and the good effects of the organization were at once visible in the regular schedule and business management. Howard University students and Armstrong and M Street High School students met in the armory of M Street High School several evenings a week at the close of the foot ball season and were coached in basket ball by Mr. Henderson. Not one student of either school had ever seen a basket ball game played. In a short while three teams at Howard University were formed and one at each High School, all of whom practiced at the M Street Armory.

Athletic clubs of young men began to form all over the city and ask for the privilege of playing under the protection of the Association, which requests were always granted when possible; thus what may be properly termed wild-cat athletics began to give way to organized control and the high ideals of the manly sports were held before both public and participants.



1. A. Kiger Savoy, Instructor in Public Schools, Washington, D. C.; 2. Whltington Bruce, prominent in athletic circles of Howard University; 3, George Lattimore, President Smart Set Athletic Club of Brooklyn, N. Y.

The Association is now planning to add archery, swimming, wrestling and soccer foot ball to its list of sports, as well as other games which will allow the female students of these institutions to compete and reap the benefits of athletic training.

Basket ball has proved immensely popular, and at the close of the last season the I. S. A. A. found itself with a surplus of \$300 on hand. This sum, after deducting a sufficient reserve to meet the requirements of opening the next season, was divided between the treasuries of the respective schools and clubs in the league.

There has been some complaint and dissatisfaction on the part of the members of some of the teams, growing out of the restrictions put upon them, but the Association feels sure that when they realize the ideals toward which it is aiming, hearty co-operation will become the rule.

The principals of the several schools have generally lent their hearty support, and in return the Association has tried to make athletics a help to the school work, since both are aiming at the same thing, improvement of the youth, physically, mentally and morally.

The schools concerned now elect two representatives each to the I. S. A. A. annually from among the teachers, and this body is taking over the control of the schools' athletic activities and giving them, instead of the old uncertain tests arranged by irresponsible students, regularly scheduled contests planned months ahead and carried out with certainty.

During the past season teams were brought from New York and Baltimore and all expenses paid according to contract. When the particular game failed to produce enough revenue to meet its expenses the reserve fund was always sufficient to cover the deficit. Thus, neither inclement weather nor meagre attendance has been a sufficient drawback to prevent the playing of a scheduled event at the appointed time. The result of this feature alone should be enough to demonstrate the superior value of concerted action over individual relationships between the several schools.



DR. A. M. CURTIS,
A Strong Supporter of Athletic Projects in the District.

LILLIPUTIAN BASKET BALL TEAM,
Champion 100 Pound Team of Washington, D. C.
1. Kennedy; 2. Parrot; 3. Hughes; 4. Curtis; 5. Hyman; 6. Davidson.

The preservation of the records of the various contestants will also necessitate clean sport and prevent violations of the four-year rule, as well as furnish necessary data for handicapping.

All of this is a new departure among the schools here represented, and for this advance the schools are indebted to those men who first were willing to put their hands in their pockets for the good of the future generations and take chances on ever getting back what they spent in money, while they knew full well that they would never be repaid for the personal labor and sacrifice of time, save in the satisfaction that comes from doing good and seeing one's plans prosper.

The representatives of the I. S. A. A. at present are:

Howard University—W. A. Joiner, President.

Colored High School, Baltimore—W. H. J. Beckett, First Vice President.

M Street High School—H. G. Douglass, Second Vice President.

Howard University—W. J. DeCatur, Recording Secretary.

Armstrong Technical High School—B. Washington, Corresponding Secretary.

M Street High School—G. C. Wilkinson, Treasurer.

M Street and Armstrong Technical High School—E. B. Henderson, General Manager.

Armstrong Technical High School—R. N. Mattingly, Charter Representative.

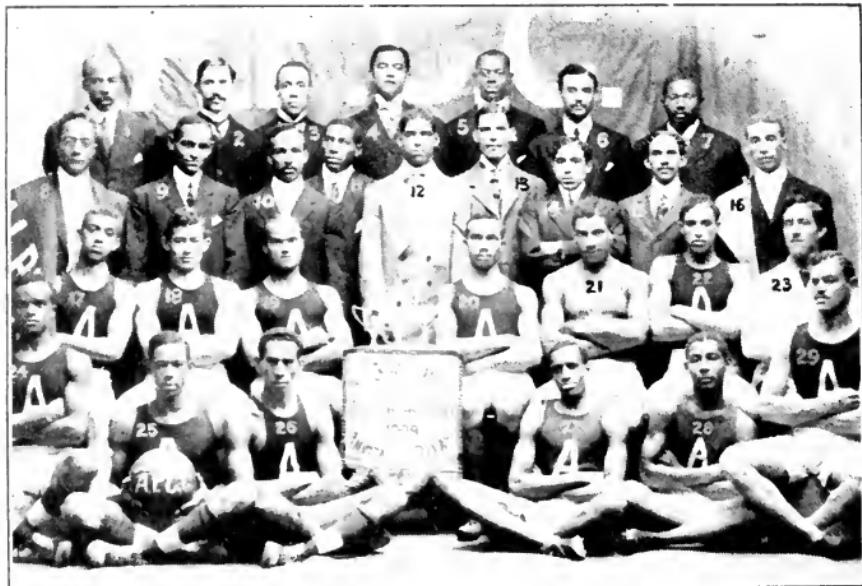
Colored High School of Baltimore—R. V. Cook, Charter Representative.

Armstrong Technical High School—S. Compton.

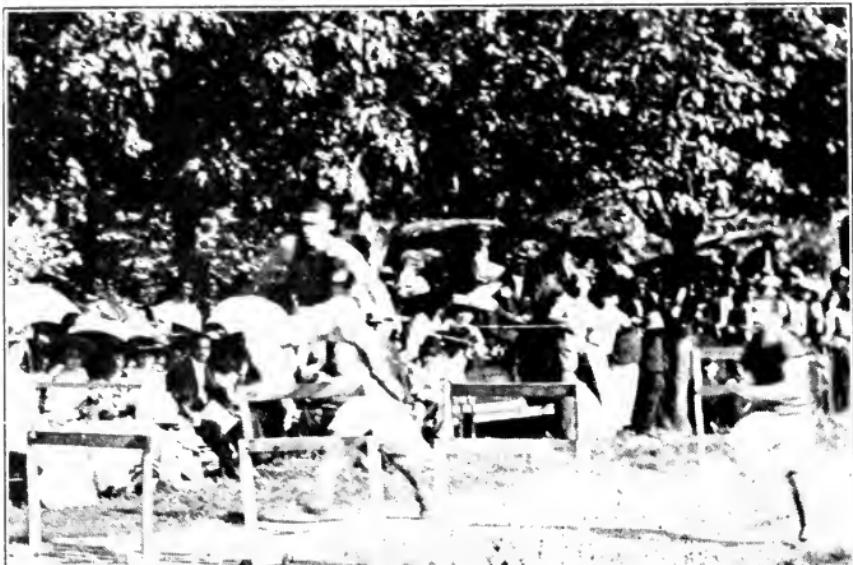
Colored High School of Baltimore—J. A. B. Callis.

Morgan College—R. D. Williams.

Morgan College—T. R. Parker.



H. Mallison, Photo.
ALPHA PHYSICAL CULTURE CLUB OF NEW YORK CITY.



FINISH OF HURDLE RACE, 1908. KYLE, HOWARD UNIVERSITY,
WINNING.

THE ALPHA PHYSICAL CULTURE CLUB

BY CONRAD NORMAN.

Since its inception, six years ago, the Alpha Physical Culture Club of New York City has made remarkable progress.

Congested city conditions cause fearful ravages caused by pneumonia and consumption. Statistics show that the mortality due to these diseases is greater proportionately among the Negroes in the North than among the whites. In the spring of 1904, in discussing these things with a few of our young men, Dr. John Morgan observed that the fundamental fact that tuberculosis cannot successfully attack a healthy pair of lungs, was quite disregarded. Physical exercise necessary to develop and strengthen the chest and lungs was absolutely necessary. But, although there were seventy thousand colored people in New York at that time, and the big city fairly teemed with athletic clubs of all kinds, recreation centers, playgrounds, settlements, schools, Turn Verein halls, and colleges, each provided with a gymnasium, there was not a single one devoted to the colored people.

So it was decided to form a club which would afford some opportunity to our people, for scientific physical training. As it was the first it was called "Alpha." With six members, and under the direction of Dr. John Morgan, the club began its career in 1904, in a room in Rev. H. Miller's church house, West 134th Street. The Norman brothers, Archibald Thomas, Wm. Simms and Clarence Hutchinson are the charter members still active in the A. P. C. C.

Regular exercises in calisthenics and with light apparatus were taught, and talks on physical culture given to the members. Long walks and runs were indulged in when possible. Gradually the club became known, and everywhere met with favor for its standard was high.

Its growth was retarded by lack of suitable quarters. The space was not enough for mass or class work. The members persevered, however. A yearly exhibition of gymnastic exercises, as a public entertainment, was arranged. This was a



1. Curtis, M Street High School, 880-yard champion and record holder, 1909;
2. Steele, Howard University, 100-yard record holder; 3. Dismond, Howard
University, 440-yard record holder; 4. Femi, holder scholastic mile record.

complete success. By February, 1900, sufficient funds had been raised to enable the club to move into its present quarters. Apparatus was purchased and a fairly good gymnasium equipped. The membership was then thirty-five.

A new member is first given a medical examination to determine his needs. Then he is set to work at such apparatus as will best benefit him.

There is a track team of over twenty men, a first-class base ball team and two basket ball teams. Further growth is hampered by the lack of an adequate building. So this year (1909) it has been decided to set aside a part of the proceeds from all entertainments toward a building-fund. We have been assured of the support of the public.

The aim of the club is a noble one. We are helping our race by fortifying the bodies of our people in this, the struggle for existence, where only the fittest survive.

The club constitution states: "For the benefit of the members, not alone physically, but mentally and morally, through the physical." Our ambition is to be an institution, identified with a positive effort for the benefit of mankind, and our people in particular, and imbued with altruism and unselfishness mixed with sound common sense.

At present, our membership numbers seventy—representative of the best colored people in New York—physicians, dentists, lawyers, teachers, musicians, clerks, Government employees, real estate men, brokers, students, etc. The club gives one formal spring reception, every year; a grand picnic and set of athletic games in the summer and a Ladies' Night reception in the winter. The home-games of the basket ball teams, given every month, sometimes in the afternoon, oftener at night, are welcomed and looked for by the New York public.

Physical culture knows no age limits. The Alpha Club is especially desirous of appealing to the older men. The younger, more vigorous men may specialize in sports, but the gymnastic exercises, graduated to suit the individual, and with definite purpose, can be indulged in with benefit by all ages of men.

"Mens sana in corpore sano."



1—J. H. Ayres, a good pole-vaulter. 1. Morris, 2. Cuff, Capt.; 3. Ayres; 4, Haines; 5. Cooper. Howard High School track team of Wilmington, Del.

TRACK ATHLETICS

Running races have always been popular with mankind. Contests of speed and endurance are many and varied. When rightly conducted, athletic strength and vitality are gained by the runner, and pleasure and a desire for emulation come to many onlookers. The athlete must never engage in competition unless he is physically sound.

I shall briefly describe some standard events and how to train for them.

In all running races, stay and speed are necessary; that is, the runner must be fast and should be able, when in condition, to keep his speed up for a longer time than when untrained. These two elements are essential and must be aimed for in training. Stay or endurance comes by running longer distances than those intended to be raced, at a speed a little slower than the race time of the individual.

Speed is attained through running shorter distances in faster time. This work must be alternated. Work for speed one day and for endurance the next day. Jogging is running at a slow speed, in good form, on the balls of the feet, with the feet passing each other parallel, with an action not interfering with the breathing, and a high knee lifting; this is done to limber up muscles, to warm up for harder work, to reduce weight, to get wind, to close down a day's work and for other purposes, being varied in training for different events. Pumping knee work is a form of jogging that strengthens the muscles in the back of the abdomen, which flex the thigh and help the running stride of the athlete. The athlete in this kind of jogging runs on the balls of the feet, bringing up the knees very high in front and very fast. This same work may be done in one's room.

Sprint events are all runs up to 220 yards and sometimes the quarter-mile is considered a sprint event. After a couple of



1. Brown; 2. Goedong; 3. Perry; 4. Matthews; 5. Boley; 6. W. A. Henderson; 7. Jackson; 8. Henderson, Coach; 9. Hard; 10. Murray; 11. Dubney; 12. Mattingly; 13. Howard; 14. Burrow; 15. Harvey; 16. W. Alonzo Henderson, Capt.; 17. Parks; 18. Tryce; 19. Shreckung; 20. Carroll.

ARMSTRONG TECHNICAL HIGH SCHOOL, TRACK TEAM, 1906.



1. Allen; 2. Love; 3. Bacon; 4. Francis; 5. Holmes; 6. Gray, Capt.; 7. Henderson, Coach; 8. Russel; 9. McKenny; 10. Colstin; 11. Jenifer; 12. Dishman; 13. Bongs; 14. Glenn; 15. Ross; 16. Williams; 17. Robinson; 18. Davis.

M STREET HIGH SCHOOL, TRACK TEAM, 1906.

weeks of jogging and pumping knee work to get in fair condition, the athlete should practice starts and shorter sprints than his special distance on one day, and longer jogs and fast runs over a greater distance the next day. After a while the time for those distances should be diminished and yet the athlete should not feel more distress than formerly.

Distance running up to two miles may be trained for by doing much cross-country work, running and brisk walking. Pumping knee work and plenty of jogging will develop and strengthen the stride. The same principles of speed and stay work apply here. In the 440 yards, the 880 yards, the mile and two miles, the athlete must learn to judge pace. He must learn by running measured distances while being timed by a friend or coach. For speed work in training for the mile, the 100 yards, the 440 yards, the half and the three-quarter miles are good distances to run on time. For endurance work the one and one-half miles and occasionally the two miles are good distances to run. For the half-mile and the two miles certain similar training distances should be selected.

In training for a race, time trials should be limited to one a week, after the first week or two, during which period no time trial should be run.

The hurdler must train as a sprinter after learning the proper form for taking his hurdles. He should practice over from three to five hurdles and an occasional flight over all about once a week. For stamina and speed he should work along with the sprinters. Practice over knock-off hurdles in early training to avoid injury.

Relay racing is one of the most popular forms of track athletics. The distances are varied. In this event the coach is called upon to use good judgment in deciding in what order to run his men. Relay runners must be taught to stick to the curb, keep the lead, and increase it for the next runner. In fact, he should run hard and run all the way.



1. Lloyd Gilbert and Eugene Williams, Commercial High School Relay, New York; 2, C. J. Green, St. Christopher Club sprinter; 3, Nixon, a good foot ball and basket ball player of Howard University.

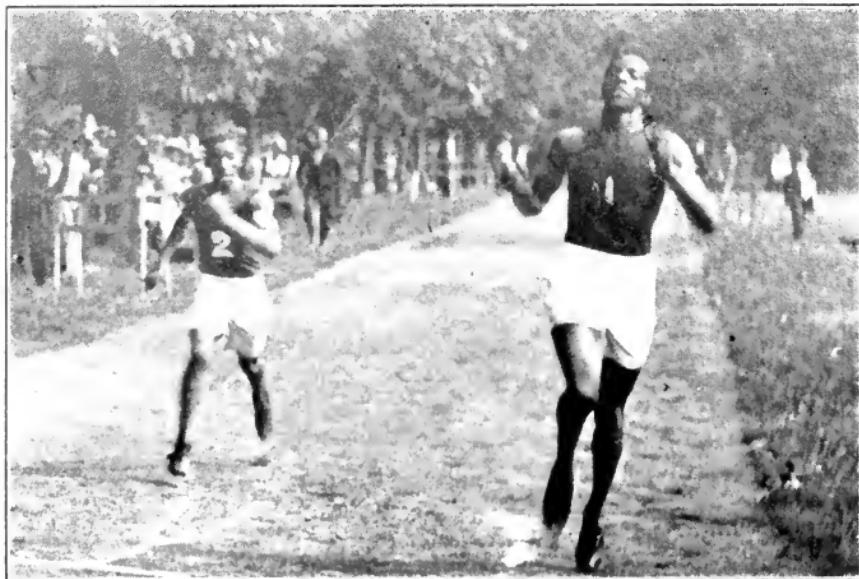
FIELD ATHLETICS

Jumping is a sport in which skill, strength and agility are required and developed. The old form of high jumping by the scissors method, wherein the athlete runs from the side, springs, throws over one leg and then the other, is no longer considered best. In the modern system the jumper runs straight at and over the bar, describes between a quarter and a half turn with his body, and shoots the jumping foot and leg between the bar and the leg that went up first. He usually alights facing the bar. The jumper must jog regularly and practice jumping for form over a fairly easy jumping height. Only occasionally should he extend himself to the limit.

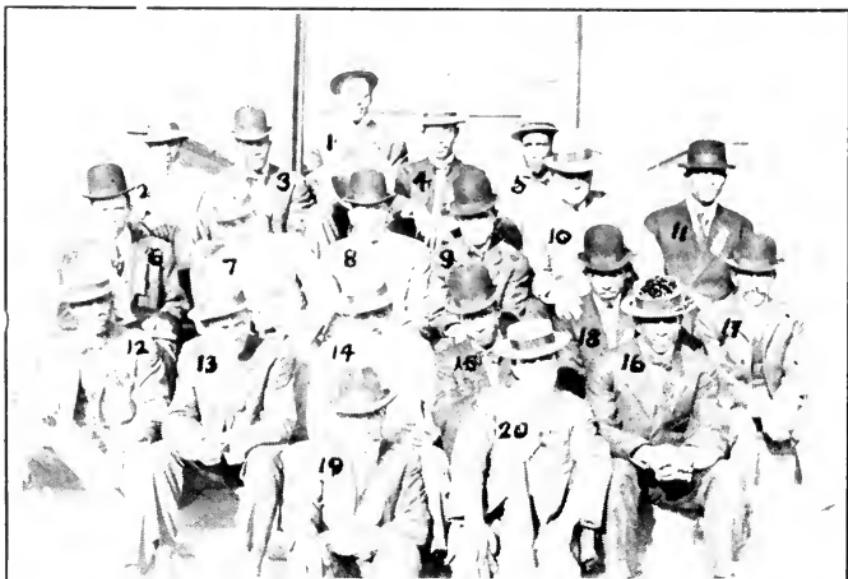
The broad or long jumper is usually a good sprinter. He must practice long and assiduously to learn to hit the take-off board fairly and firmly at top speed and to do this consistently. He needs then to aim in his jumping to get his knees high in the air. For this, practice jumping over a jump-stick held two or three feet high over the pit at two-thirds the distance of his jump from the take-off board. Work with the sprinters and do a little jumping regularly for form, but not enough to strain muscles or bruise the heel. Make trial jumps once in every week or two.

The shot-putter must acquire good form. Try to get across the seven-foot circle with the utmost speed and close to the ground. Deliver the sphere as a put with the body behind the effort and not as a throw. In crossing the circle keep the shot resting on the front of the shoulder, and at the heave bring the body up from the spring and swiftly around with a snap.

The hammer throw requires skill and snap, and is dangerous in narrow confines when onlookers are present. The athlete at the beginning of the throw allows the hammer to rest on the ground at the right side, while standing in the back



FINISH OF MILE RACE, 1909, PENN WINNING.



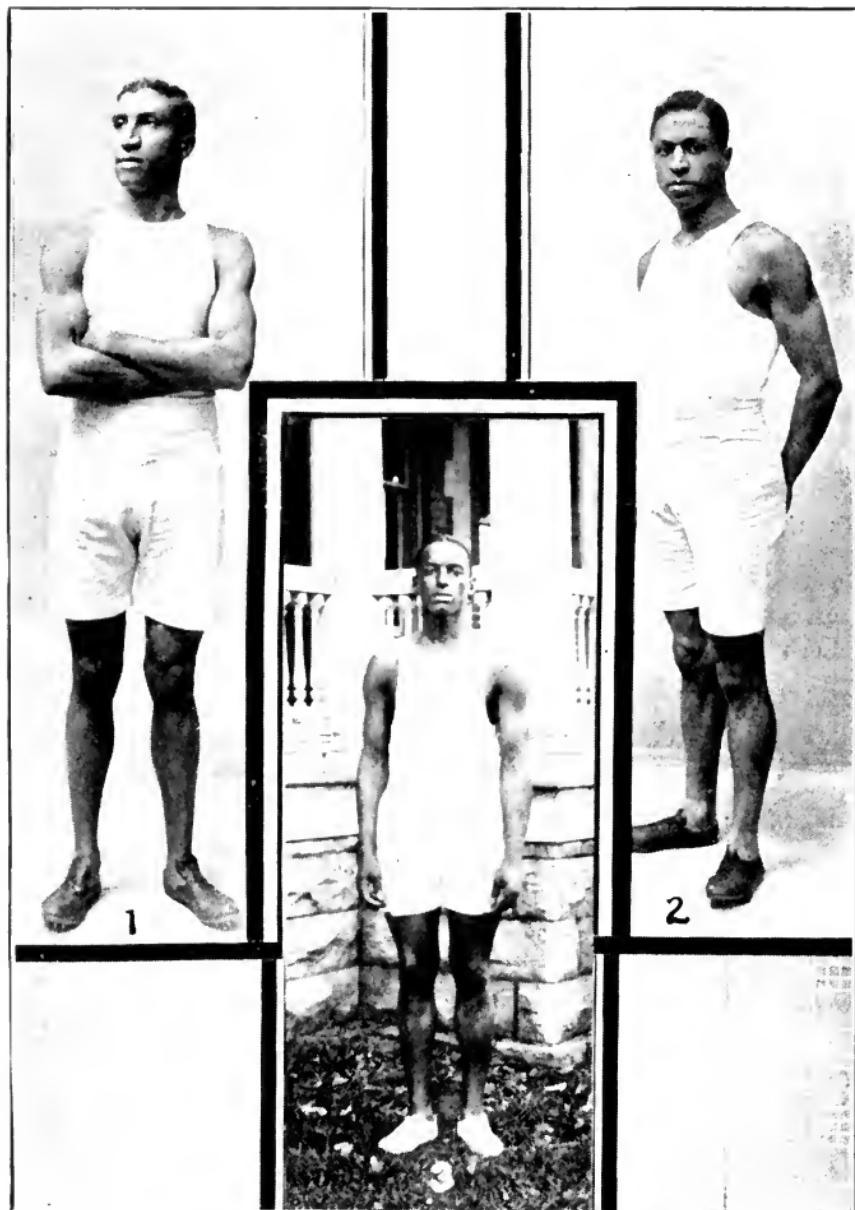
1, Douglass; 2, Gates; 3, Mattingly; 4, Dodson; 5, Monroe; 6, McGee; 7, Johnson; 8, Beckett; 9, Vaughn; 10, Dr. Evans; 11, Wilkinson; 12, Pelham; 13, Decatur; 14, Henderson; 15, Savoy; 16, Robinson; 17, Wright; 18, Callis; 19, Joiner; 20, Washington.

A GROUP OF OFFICIALS, FIELD AND TRACK GAMES I. S. A. A., 1909.

of the circle. Starting with two or three swings about the head, each increasing with speed, the thrower jumps around two or three times, each jump causing him to exert a faster pull on the hammer, and at the final jump he throws the missile with a great pull to the side or behind him.

Pole vaulting is pretty and thrilling. A strong body, a good jumping leg and strong arms are necessary materials. Running and balancing a long pole the vaulter approaches the bar, throws the end of the pole in a hole, springs, pulls up with his arms, throws his body over, his arms up, and drops into the pit on the other side. As with high jumping, pole vaulting must be practiced often at moderate heights, increasing the heights with increasing ability. Be sure of a first-class pole to avoid danger. Study form, and work for increased muscular strength.

In all track and field athletics learn all the technicalities pertaining to the performance of the event and the rules governing. Many events are lost through ignorance of the rules. Only a brief description of athletic events, and a few points on training, not published elsewhere, are contained in this article. For fuller and definite description and methods of training read, "College Athletics," "School Boy Athletics," "The Athletes' Guide," and "An Athletic Primer" of Spalding's Athletic Library, which can be purchased at ten cents each.



1, Monroe, a good distance runner; 2, English, holder of 100 yards, 220 yards, shot put and broad jump records in open events; 3, Bacon, former captain M Street High School Track Team, 1909.

TRAINING THE BODY FOR HEALTH AND ATHLETICS

Training the body to withstand strain and fatigue and for motor skill should be natural and healthful. Assured by competent advisors of a sound body, the individual should work off unhygienic habits and conditions for those of health and strength. The ignorant or careless athlete, through dissipation, permits his vitality to run so low after a siege of training that each course of conditioning leaves him a weaker man, but the lasting athlete is he who, between training periods, lives a clean, regular life. The properly trained individual has a strong developed will with an intention to preserve his already good health.

To strengthen muscle, to create healthy tissue, to secure endurance and to make vitality, exercise is chiefly essential. Walking, running, swimming and wrestling are the best of all-around training exercises. To create large muscles, work to near the fatigue point of the muscle with hard exercise; to get quick, pliable muscle, use light forms of exercise requiring speedy motion. For nearly all sports and for best general health, quick movements of moderate exertion are far more serviceable in training than the old monotonous weight-lifting and heavy dumb-bell work. Begin training with systematic calisthenic and setting-up exercises, then gradually increase the force and amount of exercise until the heavier and more strenuous forms are reached.

Getting wind is simply getting the body into a condition of least waste matter in bodily tissues and getting better working vital organs, so that waste material may more readily be discharged than formerly. Exercise calls for greater chest and greater lung action, but the results of exercise on the heart, skin, kidneys and bowels are also essential to having good wind.

The skill of any muscular effort depends upon the practice



1. DeCatur, Coach; 2. Brown; 3. Gowers; 4. Duder; 5. Young; 6. Steele; 7. Giles; 8. Hunt; 9. Joiner, Coach; 10. Milton; 11. Smith; 12. Kyle; 13. Thomas; 14. Walton; 15. Gates; 16. Flemming; 17. Tites; 18. Wilson.

HOWARD UNIVERSITY TRACK TEAM, 1906.

Winners I. S. A. A. Meet.

Scoulcock, Photo.



1. Tootney; 2. Shipley; 3. Helm; 4. McLendon; 5. Keelan; 6. Henderson, Coach; 7. W. T. Jackson, Principal; 8. Haynes; 9. Richardson; 10. Bacon, Capt.; 11. Rivers; 12. Lawson; 13. Penn.

M STREET HIGH SCHOOL (WASHINGTON, D. C.) TRACK TEAM, 1909.

Winners I. S. A. A. Meet.

of the muscles concerned and the elimination of any faulty movements, until the correct habit of action has been acquired by that muscle or group of muscles.

Chief among benefits derived from muscular exercise is the development of motor brain tissues. Proper and full growth of this area insures smooth, regulated muscular action and healthy stamina for intellectual efforts.

Much has been said in regard to foods, kinds of food, how much and when to eat, for athletes and for non-athletes. The matter is ordinarily an individual one. As a rule, a variety of foods should be eaten. We must eat proteids to repair bodily waste; fats and carbohydrates to supply energy without causing a drain upon bodily tissue for supply. Any diet list will furnish names of the kinds of food rich in proteids or carbohydrates. Avoid eating too much. This is best judged by common sense. Eat regularly. Work and eat to gain and keep a fairly constant weight, firm tissues, clear skin and a generally healthy buoyancy. Carbohydrates must not be taken to excess, as they result in clogging the tissues with fats and starches, which bring on the symptoms of poor wind.

Very often one should rest or relax the whole system, mental as well as muscular. Lie flat on the back and think of nothing in particular for brief periods of time.

Cultivate good, clean habits of thinking and doing. Do not smoke. This and other bluffs at manliness by boys make the will power so weak that they cannot resist the more harmful and dangerous self-corrupting practices of immoral youth. Yield not to small temptations and thereby gain strength to resist greater ones. Keep from the habits and the actions of the rowdy athlete, who so often boasts that he does not need to train. Be a gentleman athlete and gain the respect of all. Study yourself, read how others have trained, and map out a course for yourself, eliminating gradually those features which do not result in benefit to you.



1. Penn; 2. Gray; 3. Francis, Capt.; 4. Bacon; 5. Douglass, Coach; 6. Mann;
7. Curtis; 8. Richardson; 9. Boley; 10. Toomey; 11. Henderson, Trainer; 12.
Brown; 13. McLendon; 14. Helm.
Scurlock, Photo.

M STREET HIGH SCHOOL TRACK TEAM, 1908.



ARMSTRONG TECHNICAL HIGH SCHOOL CHAMPION SCHOLASTIC
FOOTBALL TEAM, 1909.

TRACK AND FIELD MEETS

INTER-SCHOLASTIC FIELD DAY.

May 30, 1906.

SCHOLASTIC EVENTS.

100 yds. run—10 1-5s., Steele, H. U., won; Hunt, H. U., second; Peck, C. H. T. S., third.
 220 yds. run—23 4-5s., Steele, H. U., won; Hunt, H. U., second; Jones, C. H. T. S., third.
 440 yds. run—Boston, C. H. T. S., won; Kyle, H. U., second; Wilson, C. H. T. S., third.
 880 yds. run—Milton, H. U.
 One-mile run—5m. 28s., Milton, H. U., won; Henderson, A. T. H. S., second.
 120 yds. hurdles—Thomas, H. U., won; Williams, M. St. H. S., second; Kyle, H. U., third.
 220 yds. hurdles—27s., Gray, M. St. H. S., won; Thomas, H. U., second; Dade, H. U., third.
 Relay winners—Gray, Williams, Francis, Holmes, M. St. H. S.
 High jump—5ft. 7in., Williams, M. St. H. S.
 Broad jump—Thomas, H. U., won; Flemming, H. U., second; Williams, M. St. H. S., third.
 Shot put—36ft., Kyle, H. U., won; Gray, M. St. H. S., second; Watson, H. U., third.
 Hammer throw—96ft., Gray, M. St. H. S., won; Smith, H. U., second.

OPEN EVENTS.

100 yds. run—11 1-5s., Boston, C. H. T. S., won; Gainor, D. C. N. G., second; Howe, O. A. C., third.
 220 yds. run—24 4-5s., English, unattached, won; Jones, H. U., second; Hunt, H. U., third.

INTER-SCHOLASTIC FIELD DAY.

May 30, 1907.

SCHOLASTIC EVENTS.

100 yds. run—10 3-5s., Vickers, H. U., won; Hunt, H. U., second; Giles, H. U., third.
 220 yds. run—24s., Vickers, H. U., won; Chase, A. T. H. S., second; Randall, A. T. H. S., third.
 440 yds. run—54 3-5s., Young, H. U., won; Holmes, H. U., second; Francis, M. St. H. S., third.
 880 yds. run—2m. 15 2-5s., Wilson, C. H. S., won; Bristol, H. U., second; Milton, H. U., third.
 One-mile run—5m. 5 3-5s., Turner, H. U., won; Milton, H. U., second; Johnson, C. H. S., third.
 120 yds. hurdles—18 3-5s., Williams, M. St., won; Randall, A. T. H. S., second; Wilson, H. U., third.
 220 yds. hurdles—29s., Gray, M. St., won; Wilson, H. U., second; Goggins, H. U., third.
 Relay race winners—Gray, Francis, Williams, Bacon, M. St. H. S.
 High jump—5ft. 4in., Williams, M. St., won; Watkins, H. U., second.
 Broad jump—21ft. 1in., English, unattached, won; Watkins, H. U., second; Flemming, H. U., third.
 Shot put—37ft., Barber, M. St., won; Kyle, H. U., second; Watson, H. U., third.
 Hammer throw—111ft. 5in., Gray, M. St., won; Beamon H. U., second; Watson, H. U., third.



1. Thomas; 2. Hunt; 3. Kyle, captain and manager Howard University track team. 1966.

A GROUP OF HOWARD UNIVERSITY ATHLETES.

OPEN EVENTS.

100 yds. run—10 1-5s., English, unattached, won; McMechen, H. U., second; Snowden, H. U., third.
 440 yds. run—54 4-5s., Monroe, unattached, won; Watkins, H. U., second; Jones, C. H. S., third.
 One-mile run—5m. 15s., Monroe, unattached, won; Wade, W. N. S. No. 2, second.
 Shot put—38ft. 9 1-4in., English, unattached, won; Barber, M. St., second; Kyle, H. U., third.
 Hammer throw—121ft., Thurman, H. U., won; Junior, H. U., second; Watson, H. U., third.
 Pole vault—9ft. 3in., Warrick, H. U., won; Brown, H. U., second; Kyle, H. U., third.

INTER-SCHOLASTIC FIELD DAY.

May 30, 1908.

SCHOLASTIC EVENTS.

100 yds. run—10 2-5s., Vickers, H. U., won; Bacon, M. St. H. S., second; Richardson, M. St. H. S., third.
 220 yds. run—23 3-5s., Vickers, H. U., won; Bacon, M. St. H. S., second; Beamon, H. U., third.
 440 yds. run—52 1-5s., Dismond, H. U., won; Francis, M. St. H. S., second; Shippley, M. St. H. S., third.
 880 yds. run—2m. 16 1-5s., Bristol H. U., won; Curtis, M. St. H. S., second; Penn, M. St. H. S., third.
 One-mile run—5m. 3s., Bristol, H. U., won; Penn, M. St. H. S., second; Curtis, M. St. H. S., third.
 120 yds. hurdles—18 1-5s., Kyle, H. U., won; Randall, A. T. H. S., second.
 220 yds. hurdles—27 4-5s., Gray, M. St. H. S., won; Goggins, H. U., second.
 Relay winners—Holmes, Bristol, Gilbert, Wade, H. U.
 High jump—5ft. 3in., Monroe, won; Cuff, second; Franklin, third.
 Broad jump—21ft. 7in., English, won; Franklin, second; Gainor, third.
 Shot put—37ft. 6in., Gray, M. St. H. S., won; Rose, H. U., second; Franklin, H. U., third.

OPEN EVENTS.

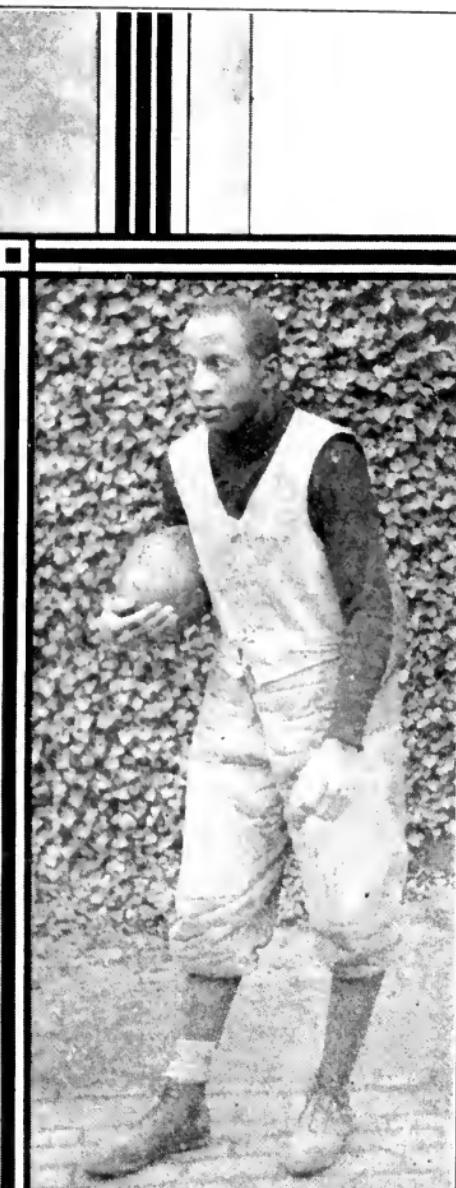
100 yds. run—10 1-5s., English, unattached, won; P. Jones, D. C. Police, second; Hunt, H. U., third.
 220 yds. run—24 1-5s., English, won; P. Jones, second; Hunt, third.
 880 yds. run—2m. 19s., Walker, Garrison school, won; Gates, unattached, second; Monroe, unattached, third.
 One-mile run—5m. 15s., Quander, H. U., won; Jackson, H. U., second.
 220 yds. hurdles—29 4-5s., Wilson, H. U., won; Gainor, H. U., second.
 Shot put—37ft. 5in., English, won; Kyle, second; Taylor, third.
 Pole vault—9ft. 6in., Brown, H. U., won; Jones, H. U., second; Kyle, H. U., third.
 Discus throw—81ft. 3in., Kyle, H. U., won; Taylor, H. U., second; Beamon, H. U., third.

INTER-SCHOLASTIC FIELD DAY.

May 31, 1909.

SCHOLASTIC EVENTS.

100 yds. run—11 1-5s., Bacon, M. St. H. S., won; Dines, A. T. H. S., second; Richardson, M. St. H. S., third.
 220 yds. run—24 1-5s., Bacon, M. St. H. S., won; Lawson, M. St. H. S., second; Dines, A. T. H. S., third.
 440 yds. run—55s., Shippley, M. St. H. S., won; Brogden, A. T. H. S., second; Webb, C. H. S., third.
 880 yds. run—2m. 17 1-5s., Penn, M. St. H. S., won; Walker, A. T. H. S., second; Brogden, A. T. H. S., third.



1. Kenny, Armstrong Technical High School, all-scholastic halfback, 1909; 2, Lawtettee, captain Howard University foot ball team, colored college champions, 1909.

One-mile run—4m. 57 1-5s., Penn, M. St. H. S., won; Walker, A. T. H. S., second; Boley, C. H. S., third.
 120 yds. hurdles—21 1-5s., Gaines, A. T. H. S., won; Beckwith, A. T. H. S., second.
 220 yds. hurdles—30 2-5s., Gaines, A. T. H. S., won; Richardson, M. St. H. S., second; Beckwith, third.
 Relay winners—Lawson, Penn, Shipley, Bacon, M. St. H. S.
 High jump—5ft., MacLendon, M. St. H. S.
 Broad jump—17ft. 8in., Haines, M. St. H. S.
 Shot put—37ft. 9 1-2in., Nalls, M. St. H. S.

OPEN EVENTS.

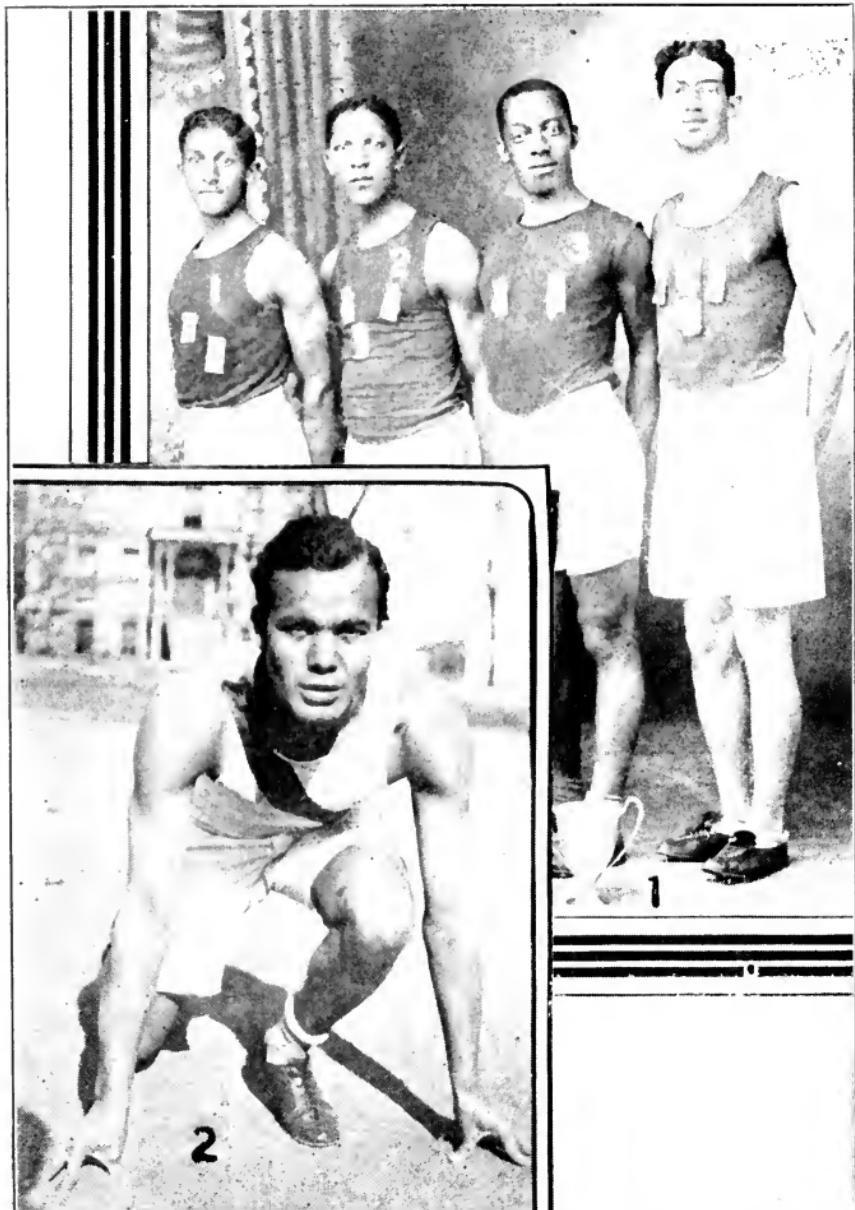
100 yds. run—10 4-5s., Curtis, A. A. C., won; Thomas, Garnet school, second; Watts, D. A. C., third.
 220 yds. run—25 2-5s., L. Jones, A. A. C., won; Tyler, unattached, second; Jones, D. A. C., third.
 440 yds. run—55 2-5s., Holmes, A. A. C., won; Bullock, A. A. C., second; Jones, A. A. C., third.
 880 yds. run—2m. 14 2-5s., Curtis, A. A. C., won; Clifford, H. U., second; Bullock, A. A. C., third.
 One-mile run—5m. 58s., Clifford, H. U., won; Davis, Garnet school, second; Foster, H. U., third.
 High jump—Winkler, won; M. Clifford, second.
 Broad jump—19ft., 2 1-2in., Stewart, won; Haynes, second; Watts, third.
 Pole vault—9ft. 1in., L. Jones, A. A. C.

RECORDS MADE IN I. S. A. A. MEETS.

100 yds. run—10 1-5s., Steele, H. U., 1906.
 220 yds. run—23 3-5s., Vickers, H. U., 1908.
 440 yds. run—52 1-5s., Dismond, H. U., 1908.
 880 yds. run—2m. 15 2-5s., Wilson, C. H. T. S., 1907.
 One-mile run—4m. 57 1-5s., Penn, M. St. H. S., 1909.
 120 yds. hurdles—18 3-5s., Williams, M. St. H. S., 1907.
 220 yds. hurdles—27s., Gray, M. St. H. S., 1906.
 Putting 12-lb. shot—37ft. 9 1-2in., Nalls, M. St. H. S., 1909.
 Throwing 12-lb. hammer—111ft. 5in., Gray, M. St. H. S., 1907.
 Running high jump—5ft. 7in., Williams, M. St. H. S., 1906.
 Running broad jump—17ft. 8 1-2in., Haynes, M. St. H. S., 1909.

OPEN EVENTS.

100 yds. run—10 1-5s., English, unattached, 1908.
 220 yds. run—24 4-5s., English, unattached, 1908.
 440 yds. run—54 1-5s., Monroe, unattached, 1907.
 880 yds. run—2m. 14 1-5s., Curtis, A. A. C., 1909.
 One-mile run—5m. 58s., Clifford, H. U., 1909.
 120 yds. hurdles—18 4-5s., Kyle, H. U., 1908.
 Putting 12-lb. shot—38ft. 9 1-4in., English, unattached, 1907.
 Throwing 12-lb. hammer—121ft., Thurman, H. U., 1907.
 Running high jump—5ft. 3in., Watkins, H. U., 1907.
 Running broad jump—21ft. 7in., English, unattached, 1908.
 Pole vault—9ft. 6in., Brown, H. U., 1908.
 Throwing the discus—81ft. 3in., Kyle, H. U., 1908.
 Two miles run—11m. 47s., Toomey, M. St. H. S., 1909.



1, Athenian Athletic Club Relay Team, 1909; 2, J. Clifford, open mile record holder.

THE I. S. A. A. FINANCIAL STATEMENT 1906-1908

RECEIPTS

Sale of tickets	\$1816.54
Contributions, entry fees, etc.	209.63
	<hr/>
	\$2116.17

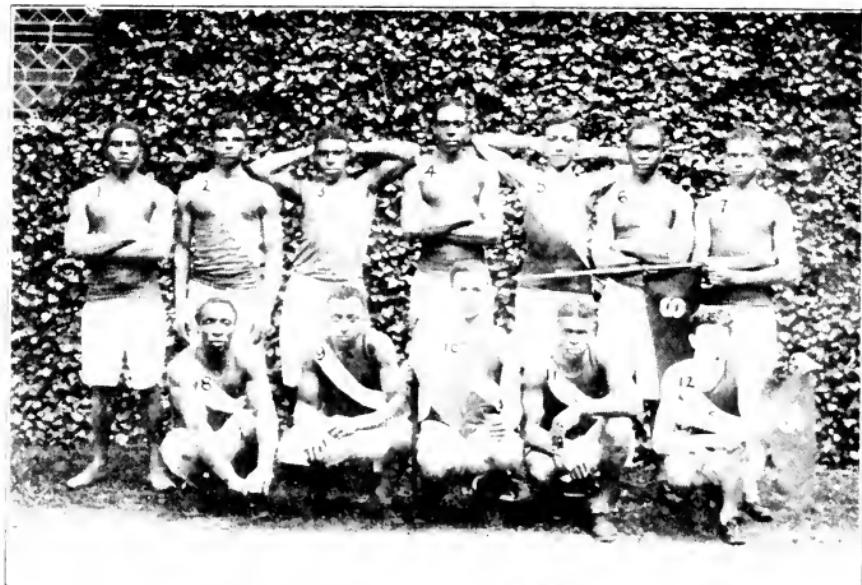
DISBURSEMENTS

Printing and advertisements	\$ 259.79
Prizes	461.17
Music	92.50
Hall rent	452.10
Equipment, (Track, etc.)	287.02
Award for selling tickets	66.06
Contestant's expenses	217.65
Benefit entertainment	73.14
Miscellaneous	14.53
	<hr/>
	\$1923.96

SUMMARY

Gross receipts	\$2116.17
Gross expenses	1923.96
Net gain	\$ 192.21

GARNET C. WILKINSON,
Treasurer.



1. Johnson; 2. Farrel; 3. Thomas; 4. Matthews; 5. Wims; 6. McGill; 7. Young; 8. Taylor; 9. F. C.; 10. Bell; 11. Bridgeton; 12. Lindsey, Capt.
STOREY TRUCK CO., M. B. G. — Scullock, Photo.

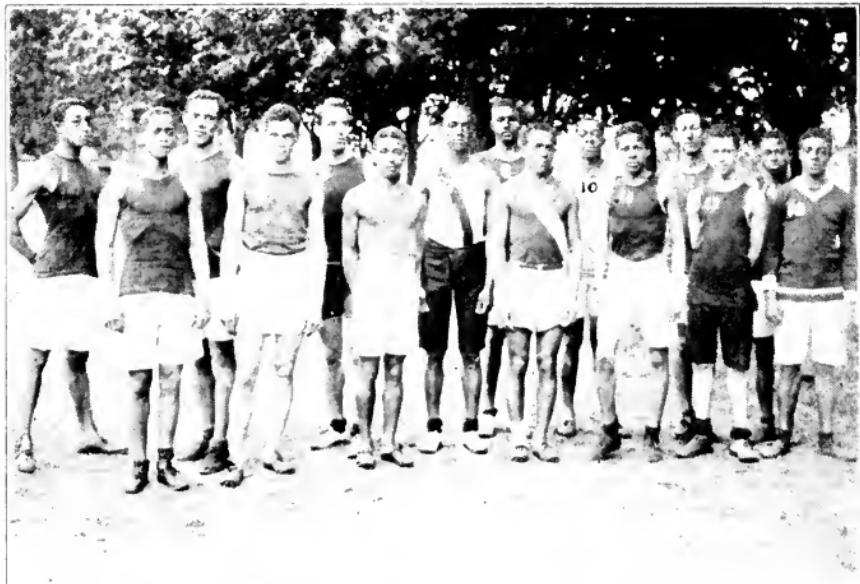


COLORED HIGH SCHOOLS CHAMPION BASE BALL TEAM, 1909.
WASHINGTON, D. C.

ATHLETICS IN THE COLLEGES

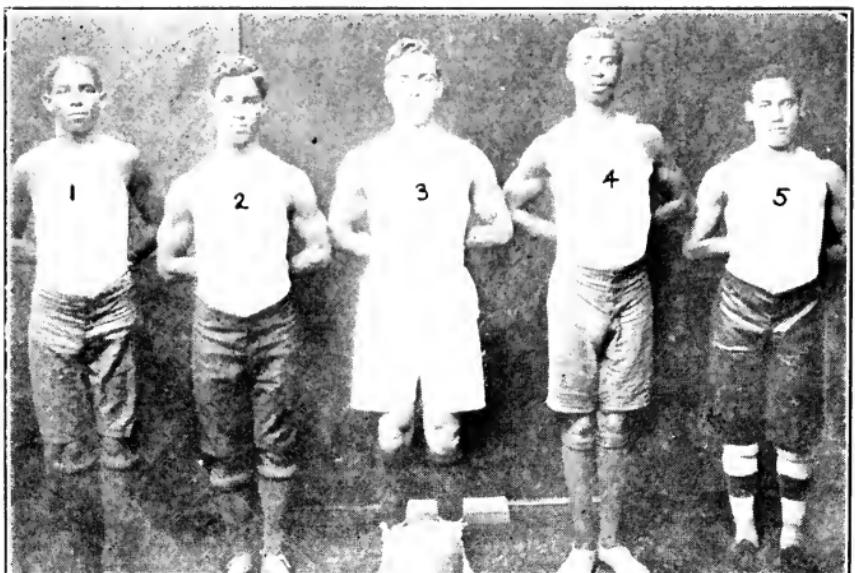
The colleges have made many changes in athletics but athletics have also made many changes in college life. Prior to the general introduction of athletics into the life of the great schools and universities, there were two distinct types of college men posing as the college ideal, vying with each other for first place in the estimation of their fellow students and in the opinion of the outside world. One of these, undoubtedly, had the ear and eye of the thinking world outside the precincts of the campus, while the other almost as certainly had the front of the stage with the average college student, albeit he ranked less highly with the faculty and the learned few.

The first type was the high-browed and hollow-eyed, pale of countenance and lank of form. He was slow and deliberate of gait, dignified and precise of speech, and, wrapt in the impenetrable mantle of his own thought, he was often tormented by pangs of indigestion, which, Francis Walker says, "he frequently mistook for spiritual longings." He was the student, the bookworm, the embryo savant, whose daily business it was to subordinate the bodily cravings to the mental requirements, and who would have blushed to have been detected engaging in the frivolity of any sport or game, disdaining to allow any emotion to mar the deep serenity of his countenance or disturb the even tenor of his way. His boast was the burning of midnight oil and his delight in sounding the depths of the Pierian spring. As his budget of knowledge waxed, his budget of vitality waned, and only too often, as the doors of the university closed behind him, the gates of eternity opened before him, and his diploma of the one became his letter of introduction to the other. He was the pride of his class, the revered model of his community and the boast of his professors. The plaudits which greeted him on his commencement day fell upon senses already dulled by lack of proper nourishment and exercise, but the idea of the time stamped him as the approved



1. Williams; 2. Conaway; 3. Martin; 4. Kyle; 5. Francis; 6. Jackson; 7. Bacon; 8. Armstrong; 9. Brown; 10. Holmes; 11. Toomey; 12. Chase; 13. Keelan; 14. Richardson; 15. Watkins. —Seurlock, Photo.

A GROUP OF YOUNG ATHLETES OUT FOR AN AFTERNOON'S TRAINING
ON THE TRACK LAID BY THE I. S. A. A. ON
HOWARD UNIVERSITY CAMPUS.



1. Russell; 2. Hayson; 3. Henderson, Capt.; 4. Johnson; 5. Clifford.
SPARTAN BASKET BALL TEAM, 1907. —Seurlock, Photo.

product of the college and the authorities congratulated themselves upon so splendid a work.

But another group of the college populace refused to see in this model the consummation of human existence and swung to the other extreme. In the center of this group, surrounded by a band of kindred spirits, stands the college sport, caned and monocled, top-coated and cigaretted, whose midnight oil was burned amidst painted faces and clinking glasses, whose only study hours were those spent in cribbing or framing excuses. His fingers were stained with nicotine and his breath scented with alcohol and sen-sen. His greatest delight on the campus was to be on dress parade before the co-eds, and his greatest ambition off the campus was to be a social lion. He was empty-headed and conceited, and mistook the toleration of his presence in the college as an evidence of his superior mental attainments.

College athletics have changed all this and every college boy and every college girl has before him and before her a new embodiment of the college ideal. The sunken eye, the pallid brow, the languid gait—all these have passed as the marks of the college ideal, and in their place have come the laughing eyes, the rosy cheeks, the springy step—an entire body instinct with life and every nerve and fiber tingling with energy and action. The hero is broad-shouldered, high-browed and staunch-limbed, and the heroine is his sister, a veritable bundle of animation.

In them intellect and physical force have united; mind and muscle have wed; earnest purpose and adequate power are working hand in hand. The ideal of to-day is neither purely physical nor purely intellectual; it is rather the highest development of both and of each through the other. The pride of the school is likely to be the foot ball hero, the base ball star, the golf or tennis crack or the track champion, and these are not infrequently found near the head of their respective classes.

The effect of this altered ideal is visible everywhere among college students, both male and female, and no one would wish back the old, displaced ideal in either form.

Long live the college athlete for the revolution he has wrought.

PROFESSIONAL vs. AMATEUR SPORTS

It is the purpose of this article to differentiate between amateur and professional sport; to state good and bad points of each sport with the deeper intention of teaching novice athletes and budding athletic managers the dangers of professionalism.

The amateur athlete usually engages in athletic games for physical benefits and bodily health and strength or for mental recreation and pleasure. Professional athletes are sportsmen for pecuniary gain. The high estimation of his fellow men for his physical accomplishments and good mental judgment, accompanied by some record token of the honor, is usually all the amateur seeks. Honest professional sport does exist, but, as a rule, when men put all their wits and strength into a contest to earn a livelihood, the ethics of the game usually is lowered; fair play generally is the lookout of the officials and not of the players; mean and unfair tactics are resorted to; spectators are hoodwinked; laying down, double-crossing and faking take the place of clean playing, and fairness of player to player and players to public become a secondary consideration. Where one professional plays fair with his opponents and the public, hundreds resort to unsportsmanlike means to gain their ends. Athletes of this sort, whose vocation is training for competition, soon outstrip the men to whom health, strength and recreation are the ends sought, and in the struggle of the age to produce experts and specialists the mediocre athlete is soon discouraged in his efforts and joins the great ranks of "fans" and "ring-siders." The professionally inclined amateur does great harm to sport by his dishonesty in competing in one class for the popularity and the advertisement it brings and in taking money for his winnings whenever the chance affords. The profession of physical training ranks with the profession of teaching and medicine, but the physical training professor who aims to pro-

duce winning teams or individuals at a sacrifice of health, strength and morals is worthy of contempt. Professional athletics undoubtedly do much good by increasing the popularity of the sports through a certain stimulating influence, but much harm is done when the two classes are not kept distinct.

In our schools the buying and selling of student athletes through dishonest inducements, the spirit of winning at all costs with its lowering of morals of the student body, the gambling instincts and many more pernicious influences on the student life, creep in with the neglect of cultivating athletic and recreative healthy sport from the ideal of the true athlete and for the mass of students.

The public games of ancient Greece and Rome—generally connected with the religious observances— influenced greatly the development of an unusual appreciation of physical beauty, which in turn was reflected in the national art and literature. These sports undoubtedly featured in opposing the rivalries and evil tendencies which threatened disruption to the Grecian Empire, but when the contest assumed a professional character, and the kings and nobles could not enter the lists with athletes trained beyond normal powers from babyhood for professional contests, then the games lost their former bearing on Grecian life. With the later-day Romans, professionalism in certain sports supplanted games which had been maintained for the recreation of those who competed by a class of spectacles planned for the enjoyment of those who looked on, and with this change came the gladiatorial combats, and other contests of a more or less degrading character, akin to which are our modern prize-fights.

It is strongly urged by the Amateur Athletic Union, our Interscholastic Athletic Association and like organizations that the athletes, coaches and instructors of youth everywhere teach the ethical principles of amateur sport, especially striving to keep the professional spirit from student sports and games.

ATHLETICS IN THE MISSIONARY SCHOOLS OF THE SOUTH

BY W. J. DECATUR.

The place given to athletics in the schools founded by the American Missionary Association, the Freedmen's Aid and Southern Education Society and other great Church Associations should be important. The students coming as they do from the great open-air gymnasium of the farm and outdoor employment need to be encouraged to engage in all health-giving athletics. This need of the students has been met by the faculties in providing a place for the outdoor sports at least on their own grounds. Base ball has been played at nearly all of the schools, and many clever men have been turned out as a result. Matthews, of the famous Harvard team, did some of his most brilliant playing upon Southern diamonds, and there are scores of other men in other branches of sport who owe their prowess to the good foundation laid upon fields of Southern schools. The athlete and his work is always accorded a large place in the life of such institutions as Fisk, Atlanta, Malden, Talladega and many others. Much has been done here in encouraging the manly and courageous among this army of young men. A guiding hand to help bring about a larger future for these schools is the crying need to-day. Success to the I. S. A. A. in this one field.

HOW TO RUN A SCHOLASTIC MEET

BY BENJAMIN WASHINGTON,
Secretary I. S. A. A.

If you are impressed with the fact that mental education crowded into and on to weak bodies which will be unable to withstand the wear and tear of physical forces of the world, is more or less a loss to the community and State, get together some energetic men and plan for an inspiring exhibition of physical contests of strength, speed and skill. Try to interest men in other schools, form a Games Committee, with the idea of giving an athletic meet in the near future, allowing time for training of athletes and full arrangements.

The Games Committee should select a chairman, a secretary and a treasurer. Its work at first will be to interest other faculty members of various schools in the coming meet. Have some one or two men undertake to coach and train a track team. With intelligent men who will read up on athletics, this work is to a great extent the interesting of natural runners and prevailing upon novices to train consistently and hard. The Games Committee should procure funds, through subscriptions from faculties, by means of luncheons or entertainments. Decide upon the events for competition with the knowledge of your athletes, grounds, training facilities and other conditions. Decide upon a date that will attract a large crowd and will not interfere with school activities. Plan an entry blank, on which will be stated place, date, time of meet, events, matters of general information and names of members of the Games Committee who will be in position to supply information. If an entry fee is to be charged, which is advisable, mainly for its moral effect, note this on the entry blank, which, when filled out, is to be duly signed, approved by the principal of the school and sent to the Games Committee.

Decide upon the form and amount of advertising necessary.

Have some of the lecturers in the school talk about athletics, ancient and modern, and benefits derived. Inculcate the spirit of amateurism. Select your officials from the honest, fearless teachers and men of your community and instruct them in their duties.

Get the newspapers interested in your meet. Get pictures of your athletes in training and have them on exhibition. Jot down, as they come to mind, things that need to be done and plan to have as little as possible to do on the few days preceding the meet; for at that time, there will be many calls upon your energy.

Have a well planned and easily understood programme printed and distributed for the information of participants and spectators.

Carefully follow the standard order of events for scholastic meets.

Start your meet at the advertised time and see that the events are run off promptly.

The record of every contestant should be carefully preserved by the Games Committee.

See that full reports of your contests are furnished to the press.

The Games Committee should form a permanent organization, to the end that future meets may be placed upon a firmer basis, and the experience gained in the first meets be available for the improvement and guidance of subsequent contests.

ETHICS IN ATHLETICS

In our schools and colleges, athletics may serve three important ends, which not only justify them, but make it imperative that the authorities should not stand aloof from them and allow the athletics to take care of themselves.

Too many instructors in our schools and professors in our colleges regard athletics as a mere incident to school life which would contribute more to the welfare of the school by their entire absence. These teachers have not taken the time to think in this connection.

In the conditions that make up our modern life, there are but few calls upon the youth of such a character, that, while they form a part of his regular daily obligations, they also furnish him with proper bodily exercise. Out of this condition in the world of labor, and the persistence of the necessity for a strong body to render good mental work possible in the ever-increasing complexity of our civilization, grows the first of these ends to be served by athletics.

The second indisputable argument in their favor is that wherever introduced they take time from worse things and are an incentive to the participants to live higher and cleaner lives, avoiding things that sap the vitality and lower the moral tone of the youth.

In the third place, the very demands made upon the youth in his athletics are the same which the world makes upon him later in life, namely, that he shall be alive to his opportunities; that he shall claim no right for himself that he does not concede to others in the game, and submit to authority; that he shall play fair; that he shall coöperate with his fellows for the accomplishment of a common end; and often that he shall sacrifice his individual preference to the end that a wider result than his own good may be the outcome; that he shall contribute

his services to the team in the position where he can be of most assistance, however humble that capacity; that he shall contribute according to his ability and share the responsibility as well as the glory.

It must be clear to any thoughtful mind that a student of an institution of learning owes a duty to himself to prepare his body to properly sustain his intellectual labors, and a social duty to his fellows to encourage them by precept and example to do likewise.

With the necessity for athletics comes also the necessity for a code of ethics for their practice. The ethics of athletics, like other codes, consists of two branches—theoretical and practical—and here, as in other systems, the theoretical is all but useless, except to emphasize the need for the practical, which embodies those rules by which one should govern himself in the actual practice of athletics.

It is clear that no student should engage in athletics in such manner as to permanently injure himself, and no coach should permit him so to do, even though his removal from the game might cost his team the contest or even the place of honor.

To *win fairly* or to *lose honorably* should be the ideal set before every contestant, and to play so as to *deserve success* should be the "Summum bonum" set for attainment in every contest. So long as coaches and principals set their hearts upon *winning* as the end of athletics, just so long will students resort to dirty tricks and feel that the end justifies the means.

The moment that one accepts a place on one of the teams or representative groups of his school, institution, or club, he binds himself by all the ties of that relationship to represent that institution or club to the best of his ability, and to do all in his power for its honor and glory; and he should keep constantly before him the principles represented by such an institution and its most sacred ideals. These he is bound to regard, and no act of his must lower the standard or reflect upon the honor that he has been chosen to sustain. To the end that he may be the better able to perform all that is required of him,

he should put and keep himself in such condition that he will at all times be at his best.

The athlete must cheerfully submit to those small personal sacrifices incident to training, and religiously follow the directions of his coach, avoiding excesses of all kinds. To pretend to do this while secretly he is violating these requirements in little things, which he feels will not hurt his efficiency, is thoroughly dishonest and the discovery of such action should be followed by severe discipline or removal from the team. The student who does such things is secretly contributing to the downfall of his team while professing to be working for its success, and is, for this reason, a species of traitor who deserves the usual reward of a traitor—the contempt of his fellows and removal to a position on the outside where he can do no harm, or, at least, must appear as an open foe.

No one should be placed in a position of command in athletics who has not proved his fitness for such place by demonstrating that he has learned to obey. Self-control is the first essential of team captains. Its presence is a virtue, its absence a positive deterrent on the athletic field.

Good play of opponents should be as readily recognized and as generously applauded as would be a similar play of the home team.

Bulldozing, browbeating and putting obstacles in the way of the opposing team is cowardly, and should have no place in friendly contests, and when inter-school or inter-club contests lose this character, they should be at once abolished.

Should an official prove clearly incompetent or biased in his decisions, it is as much the duty of the team profiting by his decisions to remove him as it is of the team being wronged, and any advantage so obtained by a team should be promptly disclaimed. Such action would not be weakness or generosity, but simply justice, which cannot help but win friends among the spectators and increase the popularity of the game.

Any breach of the rules or any seeming discourtesy on the part of a player should be promptly apologized for by the offender and by the captain of his team.

Visiting teams should always be treated as guests of the home team, and be the recipients of every courtesy due them in this capacity.

Any advantage gained by either side as the result of the act or interferences of an outsider should be promptly surrendered and a fair adjustment made.

If these points can be clearly impressed upon athletes and lived up to, amateur athletics will hold the place they deserve, otherwise they must inevitably come into disrepute.

ATHLETICS IN GREATER NEW YORK

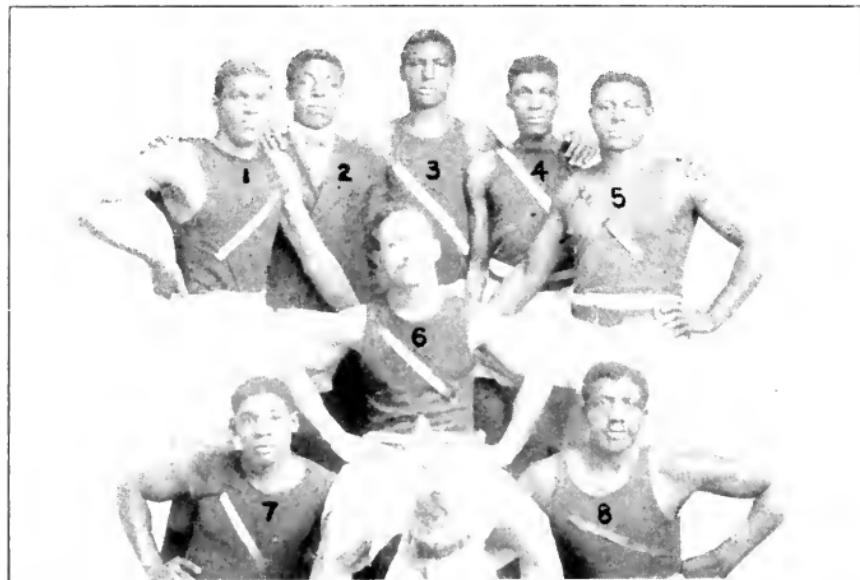
BY GEORGE LATIMORE,
President Smart Set Athletic Club.

New York, great in all things, has not neglected her opportunity in athletics, and New York is the home of several of the best known and most successful athletic clubs in the United States. Among the clubs which should be mentioned in this book are The Alpha Physical Culture Club, Smart Set, St. Christopher, St. Cyprian, and St. Augustine. These clubs, though modest in their pretensions, have produced athletes that have done well in competition with New York's best representatives in track and field sports. All of these clubs have from time to time held successful field and track meets. They have also entered the basket ball circles and here they have given an excellent account of themselves.

The Smart Set Athletic Club of Brooklyn is composed of an aggregation of young amateur athletes who have worked faithfully and conscientiously to place athletics on a high plane in this section. In the various meets held under the auspices of the colored clubs, the Smart Set have usually been victorious, winning the point trophies and a major portion of the individual prizes. During the season the colors of this club are frequently seen contesting in the meets conducted by the largest and wealthiest white organizations of New York City, always acquitting themselves creditably, capturing many prizes and gallantly fighting each race out to the finish. This club has the distinction of having the only colored relay team at present competing in the A. A. U. games.

The basket ball team of the Smart Set club has been the champion colored team for the years 1907-1908 and 1909, also defeating fully a score of the crack white teams.

The club was organized in 1905; is governed by a Board of Directors composed of representative citizens.



1, Harvey; 2, Brown; 3, Lee; 4, Gaines; 5, Wright; 6, Turner, Capt.; 7, Brooks; 8, Reasby.

BUXTON (Ia.) BASKET BALL TEAM. Flanders, Photo.



Fischl & Mallison, Photo.

ALPHA PHYSICAL CULTURE CLUB BASKET BALL TEAM OF NEW YORK CITY.

One of the most successful meets of this class was held by the St. Christopher club, October 3, 1908, at Pastime Oval. Entering the twelve events were representatives from the St. Christopher Club, Alpha Physical Culture Club, Marine A. C., Jersey City Y. M. C. A., the Y. C. A. C., Brooklyn Y. M. C. A., and the Smart Set A. C., as well as a number of unattached athletes.

The meet was won by the Smart Set A. C., with twenty-seven points; Alpha P. C. C., eight points; W. F. Williams, formerly of M Street High School, Washington, D. C., and competing unattached, eight points; St. Christopher Club, six points, and Marine A. C., three points.

The spirit of basket ball, instituted in the vicinity of Greater New York about four years ago by the Smart Set A. C. and the St. Christopher A. C., has now reached a high and enthusiastic stage of progression. Quints are maintained by the above mentioned clubs, and many classy contests have delighted the friends of the organizations and the followers of the sport.

The Smart Set men who have done well in competition are: Harry W. Brown, a middle-distance runner, who has won many scratch events and has also beaten Hillman and Gissing in handicap events.

Harry L. Gray is the possessor of many trophies won in and around New York.

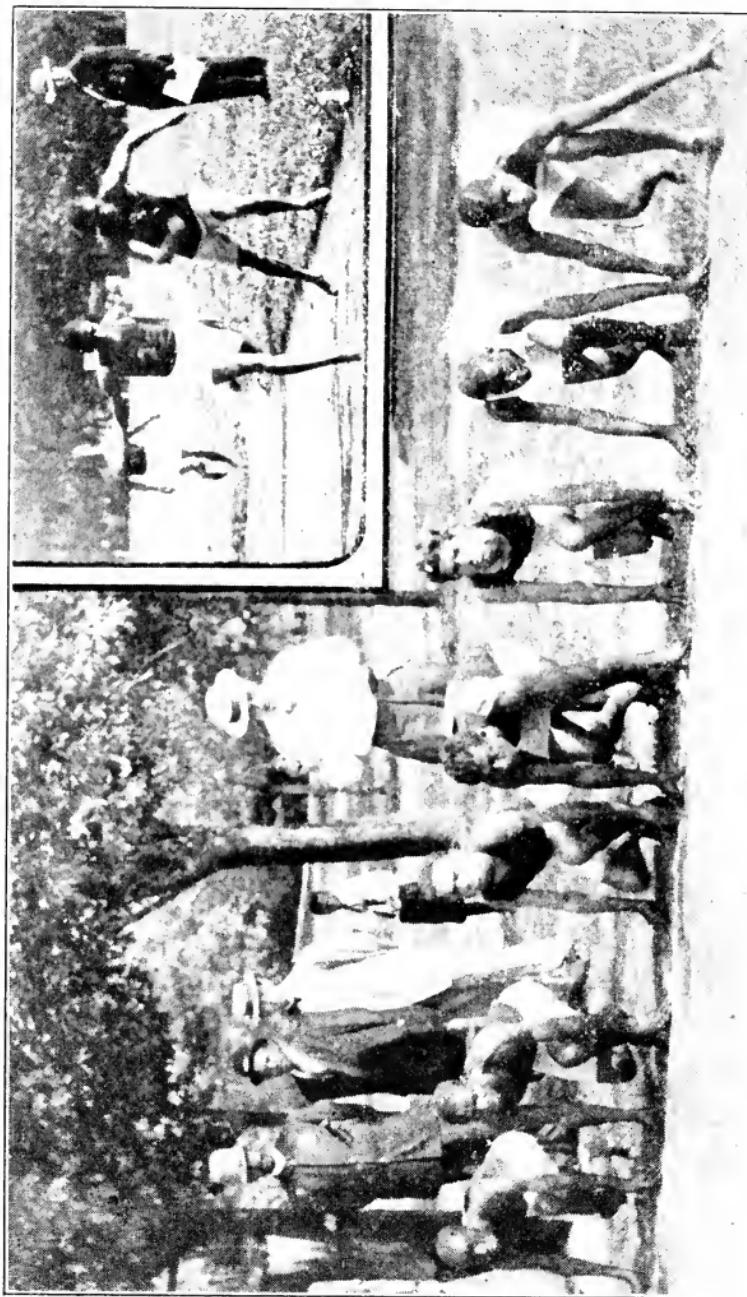
James Harris, one of the best quarter-milers in New York, runs also under the colors of the Loughlin Lyceum of Brooklyn; has beaten out some premier runners among whom may be mentioned Hillman, Sheppard, Eller and Keating.

Robert Lattimore, City College of New York, has done well as a sprinter, hurdler and broad jumper.

Robert Barnard, former member of the Clark House, New York City, has been prominently identified with inter-settlement athletics.

"Bill" Franklin, at one time captain of the Commercial High School track team, also a star foot ball player for this school, has an excellent record.

Hudson Oliver, now of the Howard Medical School of



1-M. Street High School relay team defeating Armstrong; 2 Start of 440 yards run, scholastic, 1909

Washington, D. C., whom the "New York Age" places among the best basket ball players of New York.

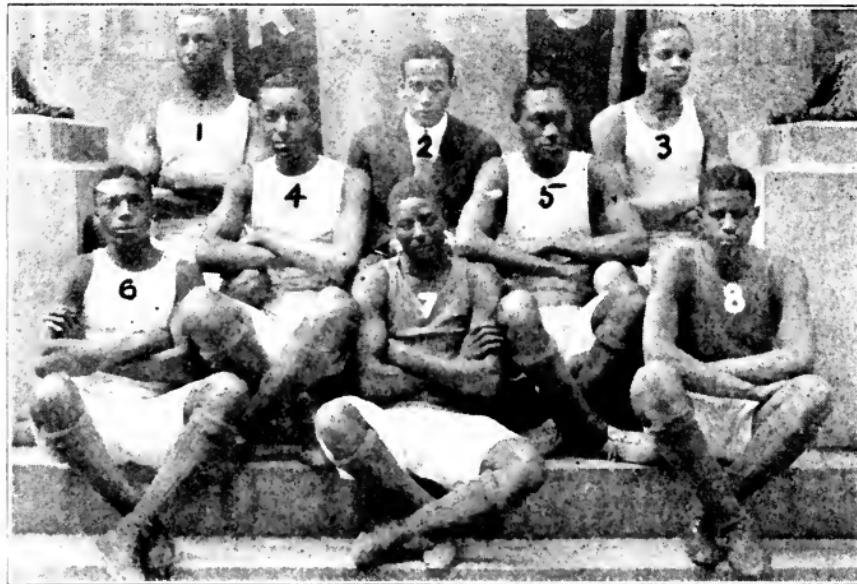
St. Christopher's athletes of note are: Allen R. Johnson, former student of New York City College, one of the best milers of that school.

Lloyd Gilbert and Eugene Williams were both members of the relay team of the High School of Commerce.

Charles J. Green, a fast sprinter, has won many prizes.

A. H. Hunter, formerly of Stuyvesant High School, at the recent games of Pratt Institute won the hundred yards in ten and three-fifths seconds, also winning the broad and high jumps.

Peter Green of the Commercial High School of Brooklyn was picked by all critics as the best High School pitcher in Greater New York, and received the special prize offered by the Brooklyn "Eagle" for being the most popular and effective high school pitcher of the season.



ARMSTRONG TECHNICAL HIGH SCHOOL, CHAMPION HIGH SCHOOL
BASKET BALL TEAM, 1909.



1. Toomey; 2. Robinson; 3. Shipley; 4. Early; 5. Curtis; 6. Gray; 7. Bacon;
8. Russell; 9. Richardson.

M STREET HIGH SCHOOL BASKET BALL TEAM, CHAMPIONS 1908.

BASKET BALL IN WASHINGTON

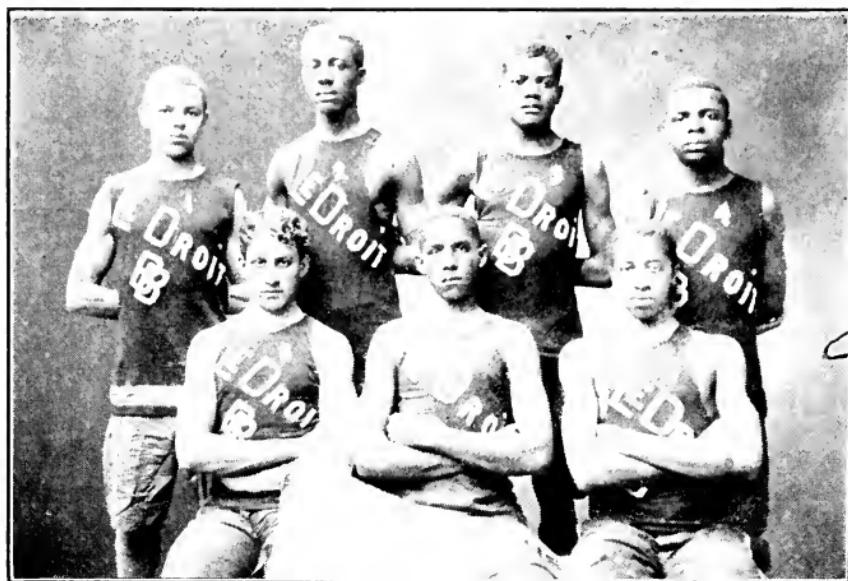
BY LEWIS E. JOHNSON,
Secretary Y. M. C. A., Twelfth Street Branch, Washington, D. C.

In 1907 Mr. Edwin Henderson taught basket ball to two teams of players from the high schools of the city and Howard University in the Armory of the M Street High School. On December 26 of that year the first game of basket ball played between colored teams was contested in the True Reformers' Hall. The I. S. A. A. in the following year arranged for a basket ball season, which began January 18 and continued through March. The local institutions of learning and the Crescent Athletic Club entered teams in a league, the games of which were played on Saturday nights. M Street High School team won the school championship and the Crescent team won the club honors. Much good sport was seen, and financially the games were successful.

On December 18, 1908, a successful season began and continued through three months. The Crescents and Armstrong Technical High School won championship honors. Under the auspices of the I. S. A. A. the first athletic contest between colored athletes of New York and Washington took place. The Smart Set of Brooklyn played in Washington and Armstrong Technical High School played in Brooklyn. Both games were lost to the Brooklynites but the contests were of marked benefit to athletes and communities.

Heretofore with the close of the foot ball season, dances, entertainments, pool-playing and a few unorganized plays and games furnished recreation for young, vigorous boys until spring and base ball season came. Basket ball, with its devotees, numbering many hundreds, now intervenes. In two years over forty basket ball teams, averaging eight players to a team, have trained and competed under the auspices of the I. S. A. A. It is conservative to state that over 1,000 boys have played basket ball in this city since the sport was introduced.

We cannot estimate the amount of physical strength attained nor the moral character developed from this source. How many boys are building useful lives upon a virile foundation laid by engaging in this sport under proper guidance, we can never know, but we daily are aware of broken health and sunken character that might not have been had conditions favored health-getting and character-building. The I. S. A. A. cares not to favor teams of star basket ball players who play entirely for the sake of winning, but rather seeks to encourage many players to develop strength, agility and mental qualities through playing the game, and favors teams that play for good sport and to win, but to win or lose fairly, and to bear either as does a true sportsman.



1. Dorsey; 2. Walker; 3. Scott; 4. Day; 5. Skinker; 6. Russell, Capt.; 7. Dade. Scurlock, Photo.

LE DROIT BASKET BALL TEAM.

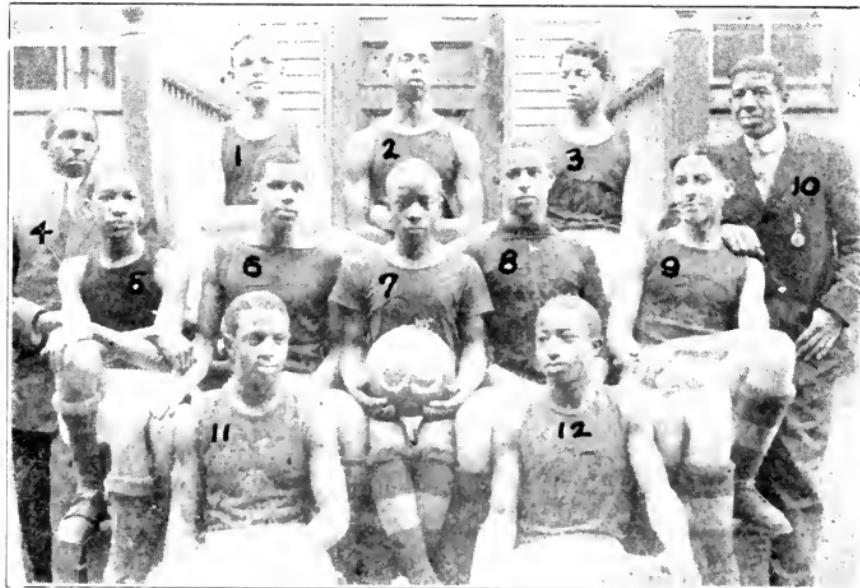
THE NEGRO ATHLETE

BY ERNEST MARSHALL,
Physical Director Howard University.

Since the days of Lewis at Harvard and Jewett at Michigan, we have had men on some of the strongest teams of the North and West. In addition to the above-named players, Matthews of Harvard, Taylor of Pennsylvania and Marshall of Minnesota, were among the most conspicuous players representing the big colleges. Of the smaller colleges, Bullock of Dartmouth, Pinkett of Amherst, Ayler of Brown, Chadwell of Williams, Gray of Amherst, who was last year chosen third All-American half-back by Walter Camp; Craighead of the Massachusetts Agricultural College, and Jones of Harvard, have all shown themselves to be men of the most sterling qualities; and the achievements of these men and others who might well be placed on this list, were there sufficient space, are all the more remarkable when the small percentage of Negro students attending Northern colleges is taken into consideration. Their work speaks well for all Negro athletes wherever they are.

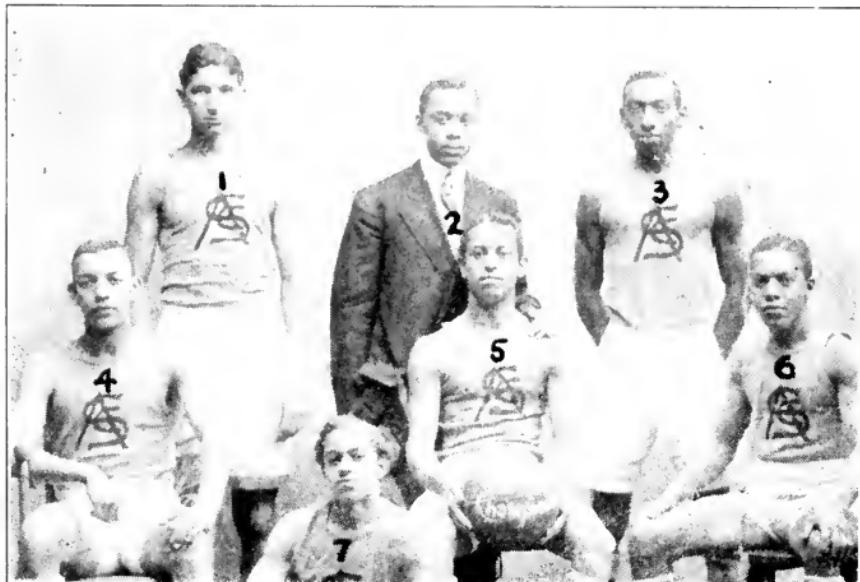
The manner in which the Negro has forged his way to the front in the Northern colleges is sufficient to cause us to believe that in the near future the athletes of our Colored colleges in the South will rank among the best in the country. The chief cause of the present obscure position of the colored athlete of the South is not the lack of ability, but the financial conditions of the schools, which make it impossible to develop those qualities shown by athletes of the first order. When our schools and colleges begin to give attention to the physical as well as to the mental and moral development of the youth, we may expect to see the Negro reach a high mark in the athletic world.

At the outset, the schools should begin to run their athletics on strict business principles, and at once do away with loose and disorderly methods which are now in vogue. When these steps shall have been taken, and when public opinion begins by its support to encourage such activities, we will then produce in our own schools athletes of whom we may well feel proud.



1. Shipley; 2. Curtis; 3. Webb; 4. Thomas, Coach; 5. Sayles; 6. Cromwell; 7. Dursey, Captain; 8. Francis; 9. Johnson; 10. Beckett, Coach; 11. Carroll; 12. Taylor.

BALTIMORE COLORED HIGH SCHOOL BASKET BALL TEAM, 1908-09.



Jackson, Photo.

SMART SET BASKET BALL TEAM, 1908, BROOKLYN, N. Y.

THE PLACE OF ATHLETICS IN SECONDARY SCHOOLS

By W. H. J. BECKETT,

Director Physical Education Colored High Schools of Baltimore, Md.

Secondary schools should give more attention to systematic work in athletics. The great tendency of the age is a feverish desire to become rich, learned, famous or idle, which means for the most part an overtaxed race of people. This influence is pernicious, for a large percentage of humanity dread anything like physical exertion or outdoor recreation. The public school needs to awaken to the fact that it is not only organized and maintained for the development of the mind but the development of the body as well. This is the modern doctrine of the education of the complete man.

That athletics for boys should find a place in every secondary school is an assertion that needs no evidence for proof. The very fact that the boy desires to run, jump, to throw the ball and to enter into competitive contests where he can display his skill, justifies the opportunity that athletics present.

The school room, desk, workshop and routine work are themselves making recreation a necessity. Improper ventilation, cramped and unnatural posture, and the greatly emphasized mental requirements necessitate a counteracting force such as this activity will provide.

A proper outlet for the surplus energy of youth is especially needed. The boy of the high school age is passing through a period of development in which the body is maturing and nature desires activity, especially for the larger group of muscles: those that affect the heart, lungs and excretory organs. Through this avenue of systematic work the needed results may be acquired.

Athletics present an environment in which there can be stimulated and nurtured such qualities as self-reliance, initiative, daring, promptness and decision of action, which are traits essential

to well-developed manhood. Through the various team-games and field sports coöperation, association, self-control, obedience, manliness, alertness, accuracy and judgment may be cultivated.

The proper supervision of athletics in secondary schools will eliminate low standards of play, provide reasonable schedules, restrict the use of outside players on teams, discountenance professionalism, destroy rowdyism at games, avoid excessiveness on the part of players and fraud in handling funds by managers. It will also impress the athletic instructors with the fact that they should instil within the minds of their teams the spirit of clean, fair, honorable sport. This ideal includes purity of mind, heart and tongue, self-control, obedience and loyalty to school. Team spirit is the germ of devotion to race and civic responsibilities.

Athletics in secondary schools gains its fitting dignity when seen in its proper relationship to the well being and advancement of its boys in that which makes for healthful, vigorous individuals. The impelling motive being the development of manliness, bodily vigor and moral stamina.

ATHLETICS IN PHILADELPHIA

BY JOHN WENDELL DANCY.

I feel safe in making the statement that in no other city are the young men more enthusiastic over athletics than right here in Philadelphia.

There are in existence here several clubs which have been founded mainly on the principle of fostering athletics, and they should be commended, for they have all done their work well. The La Malta, the Corinthian, the Stentonworth and the Students are all representative clubs and have made excellent records in all branches of sport.

Of the athletes themselves, the schools have produced the greater number. From the University of Pennsylvania have come some of the best to be found anywhere. This great university has turned out such prominent men as the one and only Dr. John B. Taylor, who was regarded as the greatest quarter-miler who ever drew on a spiked shoe, and who held the unique record of never having been outsprinted at the finish. He was truly a remarkable runner, having a stride of nine and a half feet and strong enough to keep it up the full distance, and, together with this rare quality, he had a good level head which more than once brought him home a winner, when he was not in the best of condition, by the strategy that he always employed. He never stumbled into winning a race, but was inveterate in mapping out his race before he entered.

Aside from this sterling champion, Penn has had Dr. Howard Smith, who made good while in college as a relay runner, and was one of the four men who hung up a new intercollegiate four-mile record.

At the present time the school has enrolled three good men who all happen to be sprinters of no mean ability—White, Piner and Carney. White is the most versatile of the lot, having won places in the high jump, broad jump, hundred yards, quarter-



ST. CHRISTOPHER BASKET BALL TEAM, NEW YORK CITY.



1. Simons, Asst. Mgr.; 2. Lancaster, Mgr.; 3. Miles; 4. Howard, Capt.; 5. Walker; 6. Johnson; 7. Washington; 8. Ramsey.

Crampton, Photo.

CRESCENT BASKET BALL TEAM, 1908-1909.

mile and the hurdles. He is eligible for the Varsity team this year and should give a good account of himself. Piner is a freshman, but has the reputation of being one of the best short distance runners in the country. He is somewhat on the order of John Taylor as far as symmetry of build is concerned. He was the interscholastic hundred and two-twenty yards champion in 1907, and would probably have done equally as well last year but for illness. Carney, the last named, is a young chap not more than eighteen, but we predict great things for him. He is a product of the Central High School, and while there distinguished himself as the best sprinter in the school.

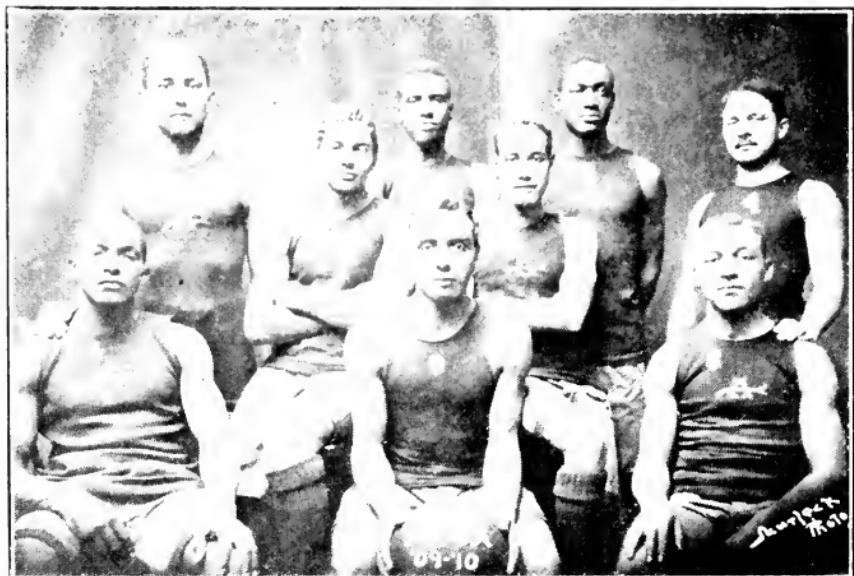
Of the school and club men, Forbes is probably the best known, being a member of both the Corinthian and Students clubs and an ex-Southern High School boy. At foot ball, base ball and basket ball he is equally adept. Norwood, also a Southern High School boy, is a good all around youngster and should make a record before he is through college. Blue, from the Central Manual School, is a fine basket ball player, and is probably the best in this section. There are a number of other good men around here, but lack of space precludes any comment. Warrick, Malson, Lawson, Ed Draper, all have done enough in their lines to warrant use of their names.

We earnestly hope that the enthusiasm which has spread over the community with regard to athletics will be maintained by the younger element, and that their athletic career will be characterized by the same manly bearing that is evident in those who preceded.



Jackson, Photo.

SMART SET BASKET BALL TEAM, 1909, BROOKLYN, N. Y.



1. Chestnut; 2. Nixon; 3. Anderson; 4. Johnson; 5. Gray; 6. Oliver; 7. Clifford; 8. Curtis; 9. Henderson, Coach.

Seurlock, Photo.

Y. M. C. A. BASKET BALL TEAM OF WASHINGTON, D. C., 1909.

CONSTITUTION

ARTICLE I

NAME

This Association shall have for its name the Interscholastic Athletic Association.

ARTICLE II

OBJECT

The object of the Association shall be the development of amateur athletic sports among preparatory, high schools and colleges and the control of all events given under the name of the I. S. A. A.

ARTICLE III

MEMBERS

Membership in this Association shall be limited to institutions of learning.

ARTICLE IV

GOVERNMENT

Sec. 1. The government and general direction of affairs of the Association shall be committed to the Executive Committee.

Sec. 2. The Executive Committee shall consist of the charter representatives of the I. S. A. A., and two faculty representatives of each member of the Association.

Sec. 3. The officers of the Association shall be a President, two Vice-Presidents, a Secretary, a Treasurer and a General Manager.

Sec. 4. One Executive Officer, the Secretary and the Treasurer shall be resident citizens of the city of Washington, D. C.

ARTICLE V ATHLETIC GAMES

Sec. 1. The Annual Championship Games shall be held in the city of Washington, during the month of May.

Sec. 2. At the discretion of the Executive Committee other athletic contests may be held.

ARTICLE VI ANNUAL BUSINESS MEETING

The Annual Business Meeting of the Association shall be held in the city of Washington, upon the day of the Annual Championship Games.

ARTICLE VII DUES

The Annual dues shall be three dollars (\$3.00) for each member. The payment of said dues shall accompany the making of entries to the Championship Games, and entries shall not be allowed unless accompanied by said dues.

ARTICLE VIII SUSPENSION AND REINSTATEMENT

Sec. 1. The Executive Committee may suspend any member by a two thirds (2/3) vote.

Sec. 2. No suspended member shall be reinstated, nor shall any member that has forfeited membership be readmitted without the payment of all back dues and assessments.

ARTICLE IX FORFEITURE

Any member that for two successive years shall fail to compete at Championship Games of the Association shall forfeit membership.

ARTICLE X

NEW MEMBERS

Upon the receipt of a written application for admission into the Association, the Secretary shall at once submit such application to a mail vote of the Association. Each application must be accompanied by an admission fee of five (\$5.00) dollars. It shall require a two-thirds vote of the Association to admit any new member.

ARTICLE XI

OBLIGATION OF MEMBERS

Each member agrees to abide by the Constitution, By-Laws and Rules of the Association.

ARTICLE XII

AMENDMENTS

No addition, alteration, or amendment shall be made to this Constitution, or to the By-Laws of this Association save by a two-thirds (2-3) vote of the Association. Such amendment to be submitted in writing at least thirty days prior to the vote.

BY-LAWS

ARTICLE I

DUTIES OF OFFICERS

Sec. 1. The President, or in his disability the Vice-Presidents in order shall preside at all meetings of the Association, and shall upon a written request of two members submit any matter to a mail vote of the Association; such vote shall close ten days from date and the vote then received shall constitute a quorum of the Association. He shall have power to call meetings of the Executive Committee, and may upon his own motion put any matter to vote before the Association.

Sec. 2. The Secretary shall keep the minutes of the Association and of the Executive Committee. He shall have charge of and be responsible for all writings and keep account of all moneys belonging to the Association and upon authority of the Executive officer draw orders upon the Treasury and properly report the same at the Annual Business Meeting. The Secretary shall mail each member the result of each mail vote.

Sec. 3. The Treasurer shall receive and be responsible for all moneys belonging to the Association, and shall pay all bills authorized by the Association, upon the written order of the Secretary, and when called upon make a report of the same to the Association.

Sec. 4. The General Manager shall be a member of the Championship Games Committee and conduct arrangements for the Games held under the Auspices of the I. S. A. A. He shall have charge of the properties of the I. S. A. A.

Sec. 5. The Executive Committee shall have charge and direction of all athletic meets of the Association; shall decide all cases of protest and shall have the power to determine the manner of hearings and rulings on all such protests. The Committee shall also direct the general policy of the Association.

and make a report to the Association at each Annual Business meeting. When necessary to the workings of the Association, the said Committee shall also have power to levy special assessment on the members of the Association, not to exceed fifteen dollars (\$15.00) in any one year, said members to be reimbursed when the treasury warrants.

ARTICLE II ENTRIES AND PROTESTS

Sec. 1. Entries to the Championship Games shall be filed with the Secretary at least twenty-one (21) days before the day assigned for the Games.

Sec. 2. All entries shall be made on printed entry blanks furnished by the Secretary, and such blanks shall have printed on their face the rules of eligibility of this Association, and also a certificate in the following form, which certificate shall be signed by an I. S. A. A. representative of the school from which the competitors are entered.

"I hereby certify that the following men, — — — in number, are eligible according to the Rules of Eligibility of the I. S. A. A."

Sec. 3. At least fifteen days before the annual games a list of all entries shall be sent by registered mail by the Secretary to all members of the Association. Protest against any competitor must be filed ten (10) days before the Championship Games.

ARTICLE III

Sec. 1. No member shall enter more than eight men for any one event or start more than three.

ARTICLE IV RULES OF ELIGIBILITY.

Sec. 1. No person shall be allowed to compete at any athletic meet of this Association who is not an amateur as set forth in the rules of the I. S. A. A.

Sec. 2. The four-year rule shall apply in each class of competition.

Sec. 3. No one shall represent any institution of learning at the annual field meeting (or other athletic contest) who is not a bona fide member of the same.

Sec. 4. An amateur is a person who has never competed for money, or under a false name, or with a professional for a prize, nor has ever taught or assisted at athletic exercise for money.

Sec. 5. No boy shall be eligible to compete in any branch of athletics in secondary or high school competition who has attained the age of twenty-one years.

ARTICLE V

THE TROPHY

1. The I. S. A. A. trophy shall be competed for annually at the Championship meet of the I. S. A. A.

2. The following shall be a method of deciding the winner, annually: First place 5 points, second place 3 points, and the third place 1 point. The institution whose students win the largest number of points on the above basis shall be champion for that year in its class, and the name of the institution, together with the number of points scored, shall be engraved or placed upon the trophy.

3. The Executive Committee of the I. S. A. A. is appointed trustee of the trophy.

4. The trophies shall be returned to the Executive Committee on the first day of May and shall be held by them until the Championship Games are decided.

5. All disputes with regard to the possession of the trophies shall be referred to the Executive Committee of the Association.

LAWS OF ATHLETICS

RULE I.

OFFICIALS.

Every meeting of the Interscholastic Athletic Association shall be under the control of the following officials:

- A Games Committee.
- One Director.
- One Assistant Director.
- One Referee.
- Three or more Judges at Finish.
- One Chief Field Judge.
- Four or more Field Judges.
- One Recorder of Times.
- Three or more Inspectors.
- Three Timekeepers.
- One Starter.
- One Clerk of the Course with assistants.
- One Announcer.
- One Chief Scorer with assistants.
- One Marshal with assistants.
- One Official Reporter.

RULE II.

GAMES COMMITTEE.

The Games Committee shall have general supervision over the games, but it shall not interfere with officials in the performance of duties assigned to them by these rules.

If possible, it shall decide all protests except (a) those that must be settled immediately by the Referee, (b) those concerning a boy's amateur standing, which matter must be referred to the General Manager of the Interscholastic Athletic Association.

RULE III.

THE REFEREE.

It shall be the duty of the Referee to decide all questions relating to the actual conduct of the meeting, whose final settlement is not otherwise covered by these rules.

The Referee may change the order of events and add to, or change, the arrangements of heats. After heats have been drawn, however, he shall not be allowed to transfer a contestant from one heat to another.

If a foul is made in a heat other than the final, and the foul, in the opinion of the Referee, is intentional, or due to culpable negligence, he may disqualify the contestant guilty of fouling, and may allow the hindered contestant, or contestants, to compete in another trial heat.

In a final heat, however, he may disqualify the competitor who is at fault and shall use his own discretion as to ordering another race between the competitors hindered by the foul.

In the case of a dead heat in track events where the competitors cannot agree on method of settling, the Referee may decide.

Any competitor acting in an ungentlemanly manner, whether toward competitors, spectators or officials, may be disqualified by the Referee from that and all other events at the meeting. If the Referee thinks the offence worthy of further punishment, he shall make a full report on the case to the Secretary of the Interscholastic Athletic Association for further action.

If for any reason the Referee as selected cannot attend, the Senior Judge shall act as Referee and have all his powers. In this event the second Judge becomes Senior Judge.

The Referee, and he only, shall signal the Starter that everything is in readiness for the heat, or race, and the race shall not be started until the Starter has received such signal.

The Referee may delegate to the Senior Judge this duty of signaling to the Starter.

RULE IV.

INSPECTORS.

The Inspectors shall be assigned their positions by the Referee. They shall watch closely the conduct of the competitors during the course of the race, and in case of a foul, whether a claim is made or not, they shall make a report at once, before the next heat, or race, is called, of what they have seen to the Referee. They have no power to make decisions.

RULE V.

JUDGES AT FINISH.

There shall be three or more Judges at finish, namely, a Senior Judge, Second Judge, Third Judge, Fourth Judge and so on. The Judge whose name appears at the head of the list shall be Senior Judge, second on the list Second Judge and so on.

The Judges shall stand at the finish line and pick the contestants in the order in which they cross the finish line, the Senior Judge picking first boy; Second Judge, second boy; Third Judge, third boy; Fourth Judge, fourth boy, and so on. Their

decision is final and without appeal. In case of disagreement a majority shall govern.

Any competitor crossing the finish line without a number shall not be selected by the Judges unless with the consent of the Referee.

In absence of the Referee, the Senior Judge shall act as Referee.

RULE VI.

THE CHIEF FIELD JUDGE.

There shall be appointed a Chief Field Judge, who will represent the Referee. It will be his duty to see that the field events are started promptly, and that there will be no unnecessary delay in the competition. He shall receive from the Field Judges and report to the Chief Scorer the results of the competition in the field events.

RULE VII.

FIELD JUDGES.

They shall measure and judge each trial of each competitor in all events where the performance is measured. Their decision is final and without appeal. In case of disagreement the majority shall govern.

In case a boy is competing in a track event as well as a field event, they shall excuse him from his part in the field event for as long a period as is necessary to take part in the track event, and shall then allow him to take his missed turns within a reasonable time after the track event. If the boy is competing in two field events that are taking place at the one time the same rule shall apply.

RULE VIII.

RECORDER OF TIMES.

The Recorder of Times shall read the watch of each of the Timers after each heat and shall make known the official time to the Referee of the meeting and the Official Announcer. In the case of a new record he shall be careful to receive the signatures of the Timers vouching for the performance.

RULE IX.

THE TIMEKEEPERS.

There shall be three Timekeepers. They shall time all events which are recorded by time and shall report individually to the Recorder of Times their record of the time of each heat and race.

Should two of the three watches mark the same time and the third disagree, the time marked by the two watches shall be accepted. Should all three disagree, the time marked by the intermediate watch shall be accepted.

If two watches only are started on a heat, or race, and they fail to agree, the longest time shall be accepted.

To have a record allowed three watches must be started on a heat or race.

The flash of the pistol shall denote the actual start of the race or heat.

In time handicap events the Timekeeper shall receive the time allowance of each competitor from the Clerk of the Course and shall start them with the word "GO."

RULE X.

THE STARTER.

The Starter shall be in charge of the competitors after they have been assigned to their marks by the Clerk of the Course.

He shall start the heat, or race, by the report of the pistol, except in the case of time handicap events, when the competitors shall be started by the Timekeepers with the word "GO." The following formula shall be used by the Starter: 1. Take your mark; 2. Get set; 3. The report of the pistol.

Until the pistol has been purposely discharged it shall not be considered an actual start. In case the pistol goes off accidentally, the Starter shall recall the competitors by discharging his pistol twice.

The Starter shall not start the heat, or race, until he receives the signal from the Referee that everything is in readiness. The Referee may delegate to the Senior Judge this duty of signalling to the Starter.

A false start is one where any part of the person of a competitor touches the ground in front of his mark before the Starter purposely discharges his pistol. The competitor shall keep his hands behind the mark assigned to him.

The following penalties are imposed by the Starter for false starts: In all races up to and including 125 yards the competitor shall be put back one yard for the first and one more for the second attempt; in races over 125 yards and including 300 yards, two yards for the first and two more for the second attempt; in races over 300 yards and including 600 yards, three yards for the first and three more for the second attempt; in races over 600 yards and including 1,000 yards, four yards for the first and four more for the second attempt; in races over 1,000 yards and including one mile, five yards for the first and five more for the

second attempt; in all races over one mile, ten yards for the first and ten more for the second attempt. In all races the third false start shall disqualify the offender from that event.

Should any boy attempt to advance from his mark after the Starter has given word to get ready, the Starter shall disqualify him from that event.

RULE XI.

THE CLERK OF THE COURSE.

The names and numbers of all the competitors in each event shall be given to the Clerk of the Course, who shall call them by name and check them off on the programme immediately before the event.

After the competitors' names have been called, the Clerk of the Course shall, in handicap events, assign them to their respective marks.

The Clerk of the Course shall not allow any competitor to start without his number, except with the consent of the Referee.

The Assistant Clerks of the Course shall perform whatever duties are assigned them by the Clerk of the Course.

RULE XII.

CHIEF SCORER.

The Chief Scorer shall keep track of the order in which each competitor finishes and also the time for the event. He shall also keep a tally of the laps made by each competitor in all races round a turn and shall announce by means of a bell or pistol shot when the leading man is entering on the last lap.

The Assistant Scorers are subject to the Chief Scorer and shall perform whatever duties are assigned them by him.

RULE XIII.

THE MARSHAL.

The Marshal shall prevent any but officials and actual competitors from entering into the inner circle or remaining therein.

Any competitor entering into the inner circle before or after competition, and not there for the purpose of competition, must leave the inner circle when requested by the Marshal. If, after the second request, the competitor still refuses to leave, the Marshal, or his assistants, must report the matter to the Referee who may disqualify the offender.

The Assistant Marshal shall be under the control of the Marshal and shall assist him in keeping the inner circle as clear as is possible.

RULE XIV.

OFFICIAL ANNOUNCER.

The scorers shall make known to the Official Announcer the results of each event and he shall announce them to the spectators.

RULE XV.

OFFICIAL REPORTER.

The Official Reporter shall receive from the Scorers the order of finishing and the time made by the competitors in the running events and the height or distance covered by the competitors in the field events. This information he shall immediately make known to the representatives of the press.

RULE XVI.

THE INNER CIRCLE.

With the exception of officials and actual competitors, no one shall be allowed within the inner circle. Competitors must leave the inner circle immediately after the finish of their event, or when requested to do so by the Marshal.

No attendant, friend or trainer shall be allowed to accompany the competitors on the track or infield.

RULE XVII.

THE COMPETITORS.

The competitors shall report to the Clerk of the Course at the starting point of each competition, after they have been called to the inner circle.

Each contestant must provide himself with a number corresponding to the number opposite his name on the programme. This number he must wear conspicuously while he is competing, and without it he shall not be allowed to start except with the consent of the Referee.

In handicap events, competitors, whether they be scratch or limit mark men, must start from positions in which they are placed by the Clerk of the Course.

If in straightaway races the competitor does not confine himself to his own lane, but instead crosses into the lane of his opponent, the Referee shall disqualify him.

In races around a turn, the competitor shall, after turning the last corner, continue in a straight line to the finish and not cross either to the outside or the inside in front of any of the other competitors.

Any competitor who wilfully jostles, crosses in front of, or otherwise impedes an opponent, shall be disqualified by the Referee from that event.

The Referee shall further disqualify from the meeting any competitor who, in his opinion, is trying to lose, to coach, or to impede in any way the chances of another competitor. He shall further notify the Games Committee, who will take further action.

Any competitor acting in an ungentlemanly manner, whether toward competitors, spectators or officials, may be disqualified by the Referee from that and all other events at that meeting, and if the Referee thinks the offence worthy of further punishment, he shall make a full report on the case to the Secretary of the Interscholastic Athletic Association for further action.

RULE XVIII.

PROTESTS.

Protests against any competitor entered in any games may be made verbally or in writing, to the Games Committee before the meet, or to the Referee during the meet.

If the protest is a claim of foul committed during the meet, the Referee shall decide the matter at once as laid down in the duties of Referee (Rule III.).

If possible, the Games Committee shall decide all protests before the events are run off. If it is a case requiring the taking of evidence, the Games Committee shall decide the matter within one week after the date of the games. If it affects the contestant's amateur status, however, the case must be referred to the Secretary of the Interscholastic Athletic Association for action.

When a contestant is allowed to compete under protest, the prizes that he may win shall be withheld until the case is settled.

RULE XIX.

THE TRACK.

The distance to be run shall be measured on a line eighteen inches outward from the inner edge of the track. This edge shall be a solid curb raised three inches above the level of the track.

In straightaway races, distance shall be measured in a direct line from the starting mark to the finishing line.

In indoor races on board floors courses may be marked plainly (with whitewash) on the track.

RULE XX.

THE COURSE.

In straightaway races the competitor must keep his own course from start to finish. In these races separate courses, called lanes, shall be laid out for each competitor by means of stakes driven into the ground, to which cord or wire is attached and which are placed about fifteen yards apart.

In all races the competitors must not cross to the pole, or inner edge of the track until he is at least two strides in advance of his nearest competitor.

In all championship races positions shall be drawn for, numbering one, two, three, and so on, from border out, and the drawing shall be in the names of the schools. The Clerk of the Course shall then allot positions. The school having the first choice shall have the position next the pole, or inner edge of the track, the school having second choice, second position and so on, the schools alternating, so that, if possible, there will not be two contestants from the one school in the same heat.

In championship events on straightaway tracks, the drawing shall be by schools, and the Referee shall see that no two contestants from the same school shall start in one heat. There shall be a drawing for the choice of lanes, the school winning first choice selecting whatever lane the first runner for that school desires, the school having second choice the next best lane and so on.

In handicap events the contestants, when called, must take any lane assigned them by the Clerk of the Course.

RULE XXI.

THE FINISH.

The finish of a course shall be represented by a line between two finishing posts drawn across and at right angles to the sides of the track and four feet above which shall be placed a tape attached to both finishing posts.

The finish of any race shall be counted when any part of competitor's body except his hands and arms shall reach the finish line.

No competitor shall be considered to have finished unless his entire body shall have crossed the finish line.

RULE XXII.

RELAY RACING.

A line shall be drawn twenty feet in front of each starting line. Between these two lines each runner must touch the suc-

ceeding runner. Failure to do this shall disqualify the team in that event. There shall be Judges of Relay Racing whose duties it shall be to see that all touches are properly made.

The same rules with reference to fouling, coaching, pacing, or impeding a runner in any manner, disqualifies the team.

In the case of a handicap relay race, the boy on the first relay is granted the total handicap allowed each team.

Only those boys are allowed to run in the final heat of a relay race who have competed in the trial heats.

SHUTTLE RELAY.

In these races separate courses, or lanes, shall be laid out for each team, as provided in Rule XX, first paragraph.

All members of a team must wear, in plain view, the name of the school, and the members of each team must be numbered 1, 2, 3, etc., to the number composing the team. Those with the odd numbers stand at the finish line, the even numbers at the distant end of the track. No. 1 runs to No. 2, touching him, whereupon No. 2 runs and touches No. 3, etc., until the last member of the team crosses the finish line. Failing to touch, starting before being touched, fouling, coaching, pacing, or impeding a runner in another lane, disqualifies the team.

RULE XXII.

HANDICAP RULES.

The handicap allowed in the different races shall not exceed one-tenth of the distance to be run; for instance, the limit in the 50 yards dash shall be 5 yards, in the 100 yards dash, 10 yards.

The limit in the pole vault shall be 18 inches; in the running high jump 9 inches; in the running broad jump, 30 inches; in the 8-lb. shot put, 48 inches; in the 12-lb. shot put, 60 inches; in the standing broad jump, 12 inches.

The penalty for winning shall be as follows: For races of 50 yards and under, 3 feet, 2 feet and 1 foot shall be taken off for winning first, second and third places respectively; in races over 50 yards and including 100 yards, 2 yards, 1 yard and 2 feet; over 100 yards and including 220 yards, 5, 3 and 2 yards; over 220 and including 440 yards, 10, 6 and 3 yards; over 440 yards and including 880 yards, 20, 12 and 6 yards; in races over 880 and including one mile, 40 yards, 24 yards and 12 yards; in the pole vault, 9, 7 and 4 inches; in the running high jump, 5, 4 and 2 inches; in the running broad jump, 14, 10 and 7 inches; in the 8-lb. shot put, 20, 15 and 11 inches; in the 12-lb. shot put,

24, 18 and 13 inches; in the standing broad jump, 7, 5 and 3 inches.

RULE XXIV.

THROWING BASKET OR MEDICINE BALL.

A plainly visible line must be drawn. The competitor stands so that his toes touch this line, with his feet about twenty inches apart. The ball is placed between the feet. The competitor bends forward, picks up the ball with both hands, raises it over his head and throws with both arms, moving forward at the same time. If, in throwing, one arm precedes the other (thus making it a one-arm throw), or his feet leave the ground, or any part of his body touches the ground on the far side of the line, or he steps forward over the line before the throw is measured, that throw shall be called a foul and counted as a trial without result. Each competitor shall have three throws, the best to count. The first, second and third may have three additional throws, but the best throws shall count, whether made in the trials or finals.

The basket balls shall be of regulation size and make, as used in basket ball games. Medicine balls shall weigh four pounds.

RULE XXV.

THE SHOT.

The shot shall be a metal sphere of any weight decided upon by the Games Committee. For indoor games for record purposes a filled shot covered with any material and being a perfect and solid sphere may be used.

The shot shall be "put" with one hand, and in making the attempt, it shall be above and not behind the shoulder.

All puts shall be made from a circle seven feet in diameter. The circle shall be a metal or wooden ring, painted or white-washed, and sunk almost flush with the ground, and it shall be divided into two halves by a line drawn through the center. In the middle of the circumference of the front half shall be placed a stop-board four feet long and four inches high, and firmly fastened to the ground. In making his puts, a competitor may rest his foot against, but not on top of, the stop-board.

That put shall be considered a fair put when no part of the body of the competitor touches the top of the stop-board, the circle, or the ground outside of the circle, provided the competitor shall leave the circle by its rear half, which shall be the half directly opposite the stop-board. A put shall be considered foul if any part of the body of the competitor shall touch the ground outside the front half of the circle before the put is measured.

The Field Judges shall measure each put from the nearest mark made by the fall of the shot to the circumference of the circle on a line from the mark made by the shot to the center of the circle.

Foul puts and letting go the shot in making an attempt shall be counted as trials without result.

Each competitor shall have three trial puts, and the first, second and third in the trials shall have three more trials each in the final.

The best put made by a competitor, whether made in the trials or finals shall count as his best put and the result will be decided accordingly.

The minimum distance for which points are allowed in high school contests is 32 feet for seniors and 30 feet for juniors.

RULE XXVI. RUNNING HIGH JUMP.

A fair jump shall be one that is made without the assistance of weights, diving, somersaults or handsprings of any kind.

The bar shall be a thin stick two inches in width and shall rest on pins which shall project not more than three inches from the uprights. When this bar is removed, it shall constitute a trial jump without result.

The height at which the jump shall commence and the height to which it shall be raised at each succeeding jump shall be decided by the Field Judges.

The height shall be measured from the middle of the bar to the ground on a direct line.

Each competitor shall be allowed three trial jumps at each height, and if on the third trial he shall fail, he shall be declared out of the competition.

At each successive height each competitor shall take one trial in his proper turn; then those failing, if any, shall have their second trial in a like order, after which those who have failed at the second trial may take their third and final trial at that height.

A competitor may decline to jump at any height in his turn, and by so doing, forfeits his right to again jump at the height declined.

If, however, a competitor takes a trial at any height and fails in the first trial, he shall not pass the other two trials.

Running under the bar in making an attempt to jump shall be counted as a balk, and three successive balks shall constitute a trial jump.

There shall be no limit to the run a competitor may take before attempting a jump.

The minimum height for which points are allowed in high school contests is 4 feet 6 inches for seniors, and 4 feet 0 inches for juniors.

RULE XXVII.

RUNNING BROAD JUMP.

A post five inches shall be sunk thick with the ground. The outer edge of the post shall be called the scratch line and the measurement of all jumps shall be made from it at right angles to the nearest break in the soft ground, or in the tilt of earth outside the soft ground by any part of the body of a competitor.

In front of the scratch line the ground shall be removed to the depth of three and the width of twelve inches outward.

A foul jump shall be one where the competitor in jumping off the scratch line makes a mark on the ground immediately in front of it, or runs over the line without jumping, and shall count as a trial jump without result.

Each competitor shall have three trial jumps, and the competitors finishing one, two, three in the trial jumps, shall each have three more trial jumps.

The competition shall be decided by the best of all the trial jumps of the competitors.

A fair jump shall be one that is made without the assistance of weights, diving, somersaults or handsprings of any kind.

The minimum distance for which points are allowed in high school contests is 18 feet for seniors and 17 feet 4 inches for juniors.

RULE XXVIII.

STANDING BROAD JUMP.

The feet of the competitor may be placed in any position, but shall leave the ground once only in making an attempt to jump. When the feet are lifted from the ground twice, or two springs are made in making the attempt, it shall count as a trial jump without result. A competitor may rock back and forward, lifting heels and toes alternately from the ground, but may not lift either foot clear of the ground, nor slide either foot along the ground in any direction.

In all other respects the rules governing the running broad jump govern the standing broad jump as well.

RULE XXIX.

THREE STANDING BROAD JUMPS.

The feet of the competitor shall leave the ground only once

in making an attempt for each of the three jumps, and no step-page between jumps, shall be allowed. In all other respects, the rules governing the standing broad jump shall also govern the three standing broad jumps.

RULE XXX.

RUNNING HOP, STEP AND JUMP.

The competitor shall land upon the same foot with which he shall have taken off. The reverse foot shall be used for the second landing, and both feet shall be used for the third landing.

In all other respects, the rules governing the running broad jump shall also govern the running hop, step and jump.

The minimum distances for which points are allowed in high school contests, 139 feet for seniors, and 34 feet for juniors.

RULE XXXI.

THE POLE VAULT.

The height at which the vaulting shall commence and the height to which the bar shall be raised at each succeeding vault shall be determined by the Field Judge.

The height of the bar shall be measured on a direct line from the ground to the middle of the bar.

Each competitor shall have three trials at each height, and, if he fails at the third trial, he shall be declared out of the competition.

Each competitor shall make an attempt at each successive height in the order in which he is called, then those who have failed shall have a second trial in like order. Those failing on the second trial shall then take their third and final trial.

In placing the bar count as a try.

Leaving the ground in an attempt shall constitute a try.

A line shall be drawn fifteen feet in front of the bar and parallel with it; crossing this line in an attempt shall be a balk. Two balks shall constitute a try.

A competitor may decline to vault at any height, but, if he fails at the next height, he shall not be allowed to go back and try the height he omitted.

If, however, contestants take one trial at any height, he shall not pass the other two trials.

Any competitor shall be allowed to dig a hole not more than one foot in diameter at the take off in which to plant his pole.

The poles shall have no starting device, except that they may be wound or wrapped with any substance for the purpose

of affording a firmer grasp, and may have one spike at the lower end. The poles shall be unlimited as to size and weight.

No competitor shall, during his vault, raise the hand which was uppermost when he left the ground to a higher point on the pole, nor shall he raise the hand which was undermost when he left the ground to any point on the pole above the other hand.

The minimum height for which points are allowed in high school contests is 7 feet 6 inches for seniors, and 7 feet for juniors.

RULE XXXII.

THE DISCUS.

To execute the throw, the competitor places himself in the pedestal with the feet apart, the right foot forward, provided he is right-handed, and *vice versa*, if he is left-handed, and holding the discus in either hand. He then grasps it with both hands and raises it straight above his head. As the discus is held aloft the body should lean forward slightly, and as the thrower starts to make his effort the trunk should be turned slightly to the right and the body bent sharply so that the left hand, when free, swings outside and below the right knee, and the right, holding the discus, is stretched as far back as the extension of the shoulder will allow. At this moment the right knee should be bent, with the foot resting full on the sole, the left leg almost straight, and the foot resting on the toes. Then, by a sharp and simultaneous exertion of the whole body, the thrower sculps the discus away in front of him. The critical part of the throw is the action of the arm at the moment of delivery. The final sweep of the arm must be distinctly by the side and be clearly in an underhand direction. Round arm, like a cricket bowler, horizontal, arch, or overarm swings to be foul. Neither must there be the least tendency of the arm to swing around the body.

The measurement of the throw to be from the center of the pedestal to where the discus first strikes the ground.

The thrower may leave the pedestal at the moment of throwing.

Trials and other conditions of competition to be the same as the hammer or shot.

The minimum distance for which points are allowed in high school contests is 75 feet for seniors, and 70 feet for juniors.

RULE XXXIII.

THROWING THE HAMMER.

The head and handle may be of any size, shape and material,

provided that the length of the complete implement shall not be more than four feet and its weight not less than sixteen pounds.

The competitor may assume any position he chooses, and use either one or both hands.

All throws shall be made from a circle seven feet in diameter, the circle to be a metal or wooden ring, painted or whitewashed and sunk almost flush with the ground.

A fair throw shall be where no part of the person of the competitor touches the circle or the ground outside the circle, and the competitor leaves the circle by its rear half, which shall be that directly opposite the half occupied by the competitor at the instant of delivery, and shall be designated by an imaginary line drawn through the center of the circle at right angles to the direction of the throw.

Foul throws and letting go of the hammer in an attempt shall count as trial throws.

The measurement of each throw shall be from the nearest mark made by the fall of the head of the hammer to the inside circumference of the circle, on a line from the mark to the center of the circle.

The number of trials and methods of decision shall be the same as in the running broad jump.

Hammers shall be furnished by the Games Committee. Any contestant may use his private hammer, if correct in weight and length; in which case the other contestants must also be allowed to use it if they wish.

The minimum distance for which points are allowed in high school contests is 99 feet for seniors, and 85 feet for juniors.

RULE XXXIV.

THE HURDLES.

In the 120 yards hurdle race, ten hurdles shall be used; height of hurdles to be decided upon by the Games Committee. They shall be placed ten yards apart, with the first hurdle fifteen yards distant from the starting point, and the last hurdle fifteen yards before the finishing line.

In the 220 yards hurdle race ten hurdles shall be used; height of hurdle to be decided upon by the Games Committee. They shall be placed twenty yards apart, with the first hurdle twenty yards distant from the starting mark, and the last hurdle twenty yards from the finishing line.

In hurdle races of other distances, and with different numbers of hurdles, the hurdles shall be placed at equal distances, with the same space between the first hurdle and the starting point.

and the last hurdle and the finishing line as between each of the hurdles.

In making a record it shall be necessary for the competitor to jump over every hurdle in its proper position, nor shall the performance be considered a record unless every hurdle is left standing.

Knocking down more than three hurdles disqualifies the runner.

RULE XXXV.

TIES.

In all contests whose results are determined by measurement of height or distance, ties shall be decided as follows:

In handicap contests the award shall be given to the competitor who received the least allowance. In case of a tie between two or more competitors who received the same allowance, the decision shall be made as in scratch contests.

In case of a tie in a scratch contest at high jumping, the tieing competitors shall have three trials at the height last tried, and if still undecided the bar shall be lowered to the height next below, and three trials taken at that height. If no one clears it, the bar shall be lowered again and again until one of the competitors clears it. In case of a second tie, the award shall be given to the competitor who cleared the bar with the least number of trials.

In case of a tie in a scratch contest in any event decided by distance, each of the tieing competitors shall have three additional trials, and the award shall be made in accordance with the distance cleared in these additional trials. In case of a second tie three more trials shall be allowed, and so on, until a decision is reached. In case of a dead heat in track events, the competitors shall not be allowed to divide the prize or points, or to toss for them, but must compete again at a time and place appointed by the Referee.

In case of a tie in the pole vault the officials shall raise or lower the bar at their discretion, and those competitors who have tied shall be allowed one trial at each height.

RULE XXXVI.

ORDER OF COMPETITION IN FIELD EVENTS.

In all scratch events the competitors shall take their trials in the order of their names as printed on the programme.

In all handicap events the competitor having the greatest allowance shall make the first trial, and so on, in regular order,

up to the competitor at scratch or with the least allowance, who shall have the last trial.

RULE XXXVII.

COSTUME.

Only boys with pants reaching approximately to the knees and shirts that adequately cover the body shall be allowed to compete.

RULE XXXVIII.

Pacing a runner or coaching any contestant by any individual on the field will disqualify the contestant.

RULE XXXIX.

POTATO RACING.

The potato race shall be one in which three or more potatoes are placed two yards apart on a direct line. The first potato shall be two yards from the receptacle, which shall be either a pail, basket, box, or can, not over 36 inches in circumference at the opening.

The finish shall be a line five yards back of the receptacle, which must be crossed after the last potato has been placed in the receptacle.

If the competitor should drop a potato, he must replace it in the receptacle before he touches another potato; otherwise, he shall be disqualified.

In handicap events the mark is taken off back of the receptacle.

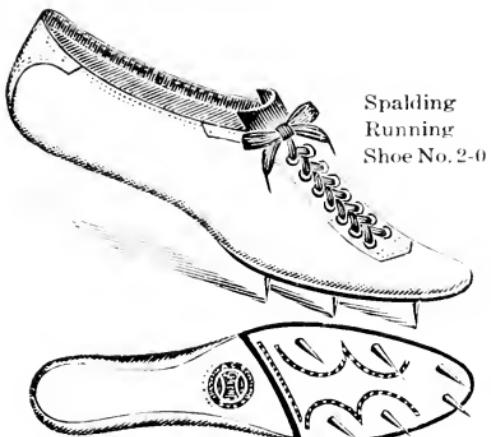
What an Athlete Needs



Spalding Cross Country Shoe No. 14C.

the prominent cross country runners, cost \$6.00 per pair. A sprinter will require a pair of sprinting shoes, No. 2-0, that cost \$6.00. The sweater, No. A, of finest Australian lamb's wool, was made originally by special order for the Yale foot ball team and now used by all college athletes, is one of the best in the market, sells for \$7.00; athletic shirt, No. 600, at \$1.50; athletic pants, No. 3, at 75 cents; a supporter is very essential for an athlete and nearly all the champions use them; No. 5 is the most suitable one and retails at 75 cents; a pair of corks will cost the athlete 15 cents; pushers for the running shoes, 25 cents; the bath robe is now an essential part of an athlete's outfit—these cost from \$2.50 up.

It is very important that the beginner in athletics should know what to wear for the different sports. The cross country runner requires a shoe with a low, broad heel, and spikes in sole of shoe; he can have spikes in the heel or not, just as it suits him. A pair of Spalding's No. 14-C shoes, which are made of the finest Kangaroo leather, and used by all



Spalding
Running
Shoe No. 2-0

The second quality of the same line of goods can be bought as follows: Sprinting shoes, No. 10, \$5.00; sweater, No. B, \$6.00; shirt, No. 6E, 50 cents; pants, No. 4, 50 cents; supporter, No. 72, 50 cents; corks, No. 1, 15 cents; pushers, No. 5, 25 cents; bath robe, from \$2.50 up.

The pole-vaulter will want the same outfit, with the exception of a pair of jumping shoes, No. 14-H, which sell for \$6.00, and a pair of wrist supporters, No. 200, which can be bought for 80 cents. There is one article that a pole vaulter must have, and that is his own pole. There is everything in getting used to a pole and having confidence in the one that is yours, because no other contestant is allowed to use it, according to the rules, which is quite right, for it has often occurred where a pole-vaulter made the mistake of allowing much heavier men to use his pole and break it. Any one can naturally understand that a man who weighs 160 pounds cannot use a pole designed for a man weighing 115 pounds.

The pole now most commonly used is the Spalding Bamboo Pole. The 10-foot lengths cost \$4.00, 12-foot \$4.50, and the 14 and 16-foot lengths, \$5.00. Usually the vaulter will wrap the pole to suit his own tastes.

The high jumper and the broad jumper will want an outfit as follows: Jumping shoes, No. 14-H, \$6.00; sweater, No. A, \$7.00; shirt, No. 600, \$1.50; pants, No. 3, 75 cents; supporter, No. 5, 75 cents; corks, No. 1, 15 cents; pushers, No. 5, 25 cents; bath robe, from \$2.50 up.

An outfit with several of the articles of a cheaper grade than the above, costs: Jumping shoes, No. 14-H, \$6.00; sweater, No. B, \$6.00; shirt, No. 6-E, 50 cents; pants, No. 4, 50 cents; supporter,



Spalding Jumping and Hurdling Shoe No. 14H

No. 2, 50 cents; corks, No. 1, 15 cents; pushers, No. 5, 25 cents; bath robe, from \$2.50 up.

The man who throws the weights will require the same wearing apparel as the pole-vaulter or the runner. John Flanagan and James Mitchel, two of the greatest weight throwers in the world, and Martin Sheridan, the all-around champion of America, wear what is known as the No. 14-H shoe, with a short spike, which retails for \$6.00. It is very essential that the weight thrower and the discus thrower should have his own implements; in fact nearly all the champion weight throwers carry their own weights with them and guard them jealously.

Without doubt the best hammer in the market to-day is the ball-bearing championship hammer as designed and used by John Flanagan, the record holder and champion thrower of the world. This sells for \$5.50. An extra leather case for carrying these hammers will cost the athlete \$2.00. The regulation hammer, lead, you can get for \$5.00 and the iron at \$3.75. The 56-lb. weight, lead, will cost \$12.00. A weight thrower who wants to become expert should carry his own weights and particularly his own hammer. He can then arrange to have the grip made to suit himself, and when necessary to cover it with leather, and he will not be called upon when he goes to a competition to take the ordinary hammer with a handle with which he is not familiar. The 16-lb. shot, lead, will cost \$3.50, and the iron, \$1.75.

As these weights, however, are too heavy for the youthful athlete, the Spalding 5-lb. shot for schoolboy use has been devised, and has met with the instant approval of leading athletic authorities and been endorsed by the Public Schools Athletic League. It is made in the most thorough manner and will stand any amount of use. Two styles are made, one for indoor the other for outdoor use. For use in schoolyard playgrounds, or where it is desirable to have the shot roll only a short distance, the No. 5 lead shot, covered with special reinforced and cushioned leather, is recommended; price \$3.00. This shot will not lose weight, even after considerable use, and its construction renders it specially adapted to board floors, as the latter will not sustain any injury from the shot striking it, as would be the case if the unprotected

solid style were used. However, for those who prefer the solid iron shot, that style is also made in the 5-lb. weight, and costs \$1.00. An 8-lb. shot is also made for juvenile use; in lead, leather covered, it costs \$5.00, and in solid iron, not covered, \$1.25.

Owing to the interest in the Olympic Games since their revival at Athens in 1896, and the capture of the classical Greek event by Americans, first by Robert Garrett in 1896 and subsequently by Martin Sheridan, an athletic meeting is not considered complete now without that event on the programme. The Spalding Official Discus costs \$5.00. For schoolboy events the proper discus, as officially adopted by the Public Schools Athletic League, is the "Youths' Discus," and costs \$4.00.

Two events that always attract interest at an athletic meet, usually when held indoors, are the three-legged race and the sack race. In the former the two contestants have their adjoining legs fastened together by means of straps at the thigh and ankle, leaving the other leg of each free. These straps preclude the possibility of falling or coming undone in the contest. Ankle straps and thigh straps, complete, cost \$2.50.

For sack racing, a light but strong bag, but not too large, is necessary. Spalding makes a bag of burlap, with draw strings and reinforced at the bottom, where the wear comes, with a strong piece of canvas. These cost \$1.00 for boys' size and \$1.50 for men's size and will last indefinitely. A boy who goes in for this event, should by all means have his own bag, to accustom himself to its use.

Clubs or schools outfitting their athletes would do well to secure Spalding's combination prices on athletic apparel, which are quoted on lots of five or more suits. They represent a material reduction from the cost when individual articles are purchased separately. A letter to any Spalding store (see inside of front cover for one nearest to you) will bring a catalogue and full information by return mail.

For the long distance runner Spalding makes a line of shoes known as the "Marathon," finished inside so as not to hurt the feet in a long race. They are hand sewed and cost \$5.00 per pair, in either high cut or low cut.

Athletes should make it a point to have two suits of athletic apparel, one for competition and one for practice purposes. The clothing that some of our crack athletes wear in competition is a disgrace to athletics, and it adds a great deal to an athlete's appearance to appear neat and clean when taking part in athletic competition. In practice within one's club or grounds almost any kind of clothing can be used. A sprinter should have two pairs of running shoes, one a very heavy pair for practicing in (the cross-country shoe, No. 14-C, makes a very good shoe for this purpose, and can be had with or without spikes on heels), and a light pair for racing. One of the best professional sprinters that ever wore a shoe made it a point to train for all his races in very heavy sprinting shoes. Aside from the benefit that is claimed for practicing in heavy shoes, you always feel as though you have a pair of shoes that will be ready for any race that is scheduled, and bear in mind it does not pay to buy athletic implements or clothing that are cheap. They don't wear and cannot give you the service that you will get from articles that are official and made by a reputable house.

Athletes and athletic club officials would do well to procure a copy of the Athletic Primer (No. 87 of Spalding's Athletic Library). This book fully covers the construction of athletic grounds and tracks, the management of games, formation of new clubs, etc. It also contains illustrations and diagrams of what might be considered a perfect athletic track.

The formation of Public Schools Athletic **Leagues** and the



Intercollegiate Sweater

great interest now taken in athletics in the schools has led to the compilation, by Mr. J. E. Sullivan, president of the Amateur Athletic Union and member of the Board of Education of Greater New York, of a book entitled "Schoolyard Athletics," which is published in Spalding's Athletic Library, price 10 cents. It is designed for the use of both teacher and pupil and is written in a clear and concise style that will make it invaluable to all who are interested in that branch of physical training now distinctively classified as "athletics."

The foregoing descriptions and prices form but a small portion of the complete list of goods in the Spalding catalogue, which contains pictures and prices of everything that an athlete wears or uses. This catalogue will be sent free to any address on request to a Spalding store, a list of which can be found on inside front cover of this book.

OFFICIAL RULES FOR ALL ATHLETIC SPORTS.

The following list contains the Group and the Number of the book of Spalding's Athletic Library in which the rules wanted are contained. See front pages of book for complete list of Spalding's Athletic Library.

EVENT.	Group	No.	EVENT.	Group	No.
All-Round Athletic Championship	12	182	Lawn Bowls	11	207
A. A. U. Athletic Rules	12	311	Lawn Games	11	188
A. A. U. Boxing Rules	12	311	Lawn Tennis	4	4
A. A. U. Gymnastic Rules	12	311	Obstacle Races	12	55
A. A. U. Water Polo Rules	12	311	Olympic Game Events—Marathon Race, Stone Throwing with Impetus, Spear Throwing, Hellenic Method of Throwing Discus, Discus, Greek Style for Youths	12	55
A. A. U. Wrestling Rules	12	311	Pigeon Flying	12	55
Archery	11	248	Pin Ball	12	55
Badminton	11	188	Playground Ball	1	306
Base Ball	1	1	Polo (Equestrian)	10	199
Indoor	9	9	Polo, Rugby	12	55
Basket Ball, Official	7	7	Polo, Water (A. A. U.)	12	311
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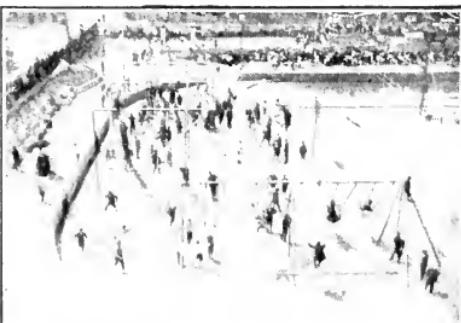
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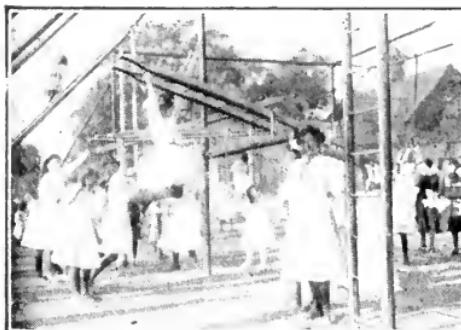
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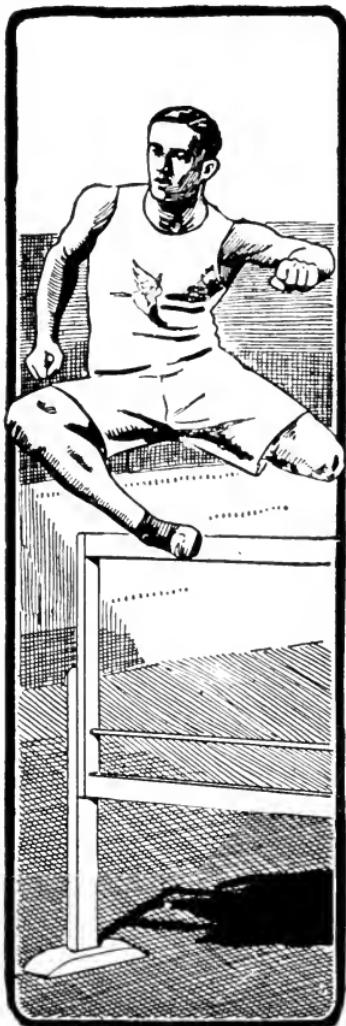
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Consisting of **No. 2D SUIT**

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No. 6E Shirt, white.	\$.50
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No. 1 Shoes.	1.50
Price, if articles composing outfit are purchased singly.	<hr/> \$2.75

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No. MH. High cut. Corrugated tap rubber sole and cushioned leather heel; special quality black leather uppers. Full finished inside so as not to hurt the feet in a long race. Hand sewed. Pair, \$5.00



Made to stand up under unusual conditions bad roads, rough, hilly and uneven, macadam, dirt, asphalt, brick or wood. Made after suggestions of men who are competing in long distance races continually under every conceivable condition.



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No. MO. Low cut. Corrugated tap rubber sole and cushioned leather heel; special quality black leather uppers. Full finished inside so as not to hurt the feet in a long race. Hand sewed. Pair, \$5.00

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No. 5. Fine chamois skin and used with running, walking, jumping and other athletic shoes.

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With Ball Bearing Swivel



JOHN FLANAGAN
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 This shot is made according to scientific principles, with a rubber cover that is perfectly round; gives a fine grip, and has the proper resiliency when it comes in contact with the floor; will wear longer than the ordinary leather covered, and in addition there is no possibility that the lead dust will sift out, therefore it is always full weight.

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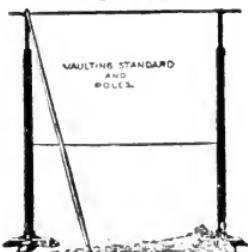
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To satisfy the demand for a Discus that will be suitable for the use of the more youthful athletes, we have put out a special Discus smaller in size and lighter in weight than the regular Official size. The Youths' Discus is made in accordance with official specifications. Price, \$4.00

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9.	1 to 500.	2.50	18. 1 to 1400. . . 7.00
10.	1 to 600.	\$3.00	19. 1 to 1500. 7.50
11.	1 to 700.	3.50	20. 1 to 1600. 8.00
12.	1 to 800.	4.00	21. 1 to 1700. 8.50
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Single Hurdle. **\$3.50**



Foster's Safety Hurdle at the World's Fair, St. Louis

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The discus, shot and weights are thrown from the 7-foot circle. Made of one piece band iron with bolted joints. Circle painted white. Each, **\$10.00**

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No. 2. Very reliable. Popular design. Each, **25c.**

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(REINFORCED)

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Patent Steel Tape Chain on Patent Electric Reel

For Measuring Distances in Athletic Competitions

Made of superior steel about $\frac{1}{4}$ inch wide. The reel allows the entire tape open to dry and can be reeled and unreeled as easily as tapes in cases. Especially adapted to lay off courses and long measurements. PAT. MAY 24, '92
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Patent "Angle" Steel Measuring Tape

Especially adapted for laying off base ball diamonds, tennis courts and all kinds of athletic fields, both outdoors and indoors. Right angles accurately determined; also equally good for straight or any kind of measuring. Enclosed in hard leather case, flush handles. All mountings nickel-plated. No. A. 50 feet long, $\frac{3}{8}$ inch wide. Each, **\$4.00**
No. B. 100 feet long, $\frac{3}{8}$ inch wide. " 6.75

Spalding Stop Watch

Stem winder, nickel-plated case, porcelain dial, registered to 60 seconds by 1/5 seconds, fly back engaging and disengaging mechanism. Each, **\$7.50**

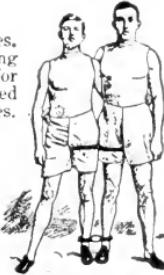

Spalding Starter's Pistol
.32 caliber, two inch barrel, patent ejecting device. Each, **\$6.00**

Official Harness for Three-Legged Racing

Made according to official rules. Complete set of straps for fastening men and with extra straps for keeping fastenings at required height in long distances races.



No. 1. Official Harness for Three-Legged Racing. Per set, **\$2.50**



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TRADE-MARK GUARANTEES
QUALITY

ATHLETIC SHIRTS, TIGHTS AND TRUNKS

STOCK COLORS AND SIZES. Worsted Goods, Best Quality. We carry following colors regularly in stock: Black, Navy Blue and Maroon, in stock sizes. Shirts, 20 to 44 in chest. Tights, 28 to 42 in waist. Other colors and sizes made to order at special prices. Estimates on application.

Our No. 600 Line Worsted Goods. Furnished in Gray and White, Navy Blue, Maroon and Black only. Stock sizes' Shirts, 20 to 44 in. chest. Tights, 28 to 42 in. waist.

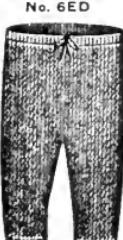
Sanitary Cotton Goods. Colors: Bleached White, Navy, Black, Maroon and Gray. Stock sizes, 20 to 44 in. chest. Tights, 20 to 42 in. waist.



No. 1E. Best Worsted, full fashioned, stock colors and sizes. Each, \$3.00
No. 600. Cut worsted, stock colors and sizes. " 1.50
No. 6E. Sanitary Cotton, stock colors and sizes. " .50



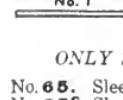
No. 6ED. Sanitary Cotton, sleeveless, solid color body with sash of different color. Same combinations of colors as No. 600S. Each, 75c.



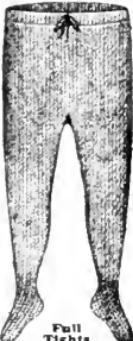
No. 1B. Best Worsted, full fashioned, stock colors and sizes. Pair, \$3.25
No. 604. Cut Worsted, stock colors and sizes. Pair, \$1.50
No. 4B. Sanitary Cotton, stock colors and sizes. Pair, 50c.



No. 1A. Best Worsted, full fashioned, stock colors and sizes. Pair, \$4.50
No. 605. Cut Worsted, stock colors and sizes. Pair, \$2.50
No. 3A. Cotton, full quality. White, Black, Flesh. Pair, \$1.00



Spalding Worsted Trunks
No. 1. Best Worsted, Black, Maroon and Navy. Pair, \$2.50
No. 2. Cut Worsted, Navy and black. Special colors to order. Pair, \$1.25



Full Tights

Spalding Running Pants

No. 1. White or Black Sateen, fly front, lace back. Pair, \$1.25
No. 2. White or Black Sateen, fly front, lace back. Pair, \$1.00
No. 3. White or Black Silesia, fly front, lace back. Pr 75c
No. 4. White, Black or Gray Silesia, fly front, lace back. Pair, 50c.
Silk Ribbon Stripes down sides of any of these running pants 25c. per pair extra.
Silk Ribbon Stripe around waist on any of these running pants 25c. per pair extra.



Spalding Velvet Trunks

No. 3. Fine Velvet. Colors: Black, Navy, Royal Blue, Maroon. Special colors to order. Pair, \$1.00
No. 4. Sateen. Black, White. Pair, 50c.



JUVENILE SHIRTS, TIGHTS AND PANTS

ONLY SIZES SUPPLIED—Chest, 26 to 30 inches, inclusive. Waist, 24 to 26 inches, inclusive

No. 65. Sleeveless Shirt, quality of No. 600. \$1.25 | No. 66. Quarter Sleeve Shirt, quality of No. 601. \$1.50
No. 65S. Sleeveless Shirt, quality of No. 600S. .50 | No. 64. Knee Tights, quality of No. 604. 1.35
No. 44. Running Pants, quality of No. 4. Pair, 45c.

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		Denver	Minneapolis
			St. Paul



Spalding New and Improved Worsted Jerseys

Following sizes carried in stock regularly in all qualities: 28 to 44 inch chest.
Other sizes at an advanced price.



Jerseys are being used more and more by base ball players, especially for early Spring and late Fall games. The Spalding line includes a complete assortment of styles and qualities.

We allow two inches for stretch in all our Jerseys, and sizes are marked accordingly. It is suggested, however, that for very heavy men a size about two inches larger than coat measurement be ordered to insure a comfortable fit.

STOCK COLORS

PLAIN COLORS The following stock colors are supplied in our worsted jerseys **NOT Nos. 6 or 6X** at regular prices. Other colors to order only in any quality **EXCEPT Nos. 6 and 6X** 25c. each extra.

Gray	Scarlet	Peacock Blue	Purple
Orange	Cardinal	Dark Green	Yellow
Black	Navy Blue	Olive Green	Seal Brown
White	Royal Blue	Irish Green	Old Gold
Maroon	Columbia Blue	Pink	Drab

No. **1P**. Full regular made; that is, fashioned or knit to exact shape on the machine and then put together by hand, altogether different from cutting them out of a piece of material and sewing them up on a machine as are the majority of garments known as Jerseys. Special quality worsted. Solid stock colors. Each, **\$4.50**

No. **1OP**. Worsted, fashioned. Solid stock colors. Each, **\$3.00**

No. **12P**. Worsted, solid stock colors. Each, **\$2.75**

No. **12XB**. Boys' Jersey. Worsted. Furnished in sizes 26 to 36 inches chest measurement only. Solid stock colors only. No special orders. Each, **\$2.00**

SPECIAL NOTICE We will furnish any of the above solid color Jerseys, (except Nos. 6 and 6X) with one color body and another color (not striped) collar and cuffs in stock colors only at no extra charge.



Nos 1P, 1OP and 12P



Spalding Cotton Jerseys

No. **6**. Cotton, good quality, fashioned, roll collar, full length sleeves. Colors: Black, Navy Blue, Gray and Maroon only. Each, **\$1.00**

No. **6X**. Cotton, same as No. 6, but with striped sleeves in following combinations only: Navy with White or Red stripe; Black with Orange or Red stripe; Maroon with White stripe. . . . Each, **\$1.25**

Woven Letters, Numerals or Designs

We weave into our best grade Jerseys, No. 1P, Letters, Numerals and Designs in special colors as desired. Prices quoted on application. Designs submitted.

PRICES SUBJECT TO ADVANCE WITHOUT NOTICE



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Birmingham,
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Sydney,
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St. Louis
Kansas City
Denver

Prices in effect January 5, 1910. Subject to change without notice. For Canadian prices see special Canadian Catalogue



Spalding Coat Jerseys

Following sizes carried in stock regularly in all qualities: 28 to 44 inch chest. Other sizes at an advanced price.

We allow two inches for stretch in all our Jerseys, and sizes are marked accordingly.

It is suggested, however, that for very heavy men a size about two inches larger than coat measurement be ordered to insure a comfortable fit.

STOCK COLORS

Gray Black Maroon Cardinal Royal Blue Peacock Blue Olive Green Pink Yellow Old Gold
Orange White Scarlet Navy Columbia Blue Dark Green Irish Green Purple Seal Brown Drab

PLAIN COLORS — The above stock colors are supplied in our worsted jerseys (NOT Nos. 6 or 6X) at regular prices. Other colors to order only in any quality EXCEPT Nos. 6 or 6X 25c. each extra.

STRIPES AND TRIMMINGS — Supplied as specified in any of the above stock colors, not more than two colors in any garment at regular prices. Other colors to order only in any quality EXCEPT Nos. 6 or 6X 25c. each extra.



Nos. 10C and 12C

The Spalding Coat Jerseys are made of the same worsted yarn from which we manufacture our better grade Jerseys, Nos. 10P and 12P, and no pains have been spared to turn them out in a well made and attractive manner. Plain solid stock colors (not striped) or one solid stock color body and sleeves with different stock color solid trimming (not striped) on cuffs, collar and front edging. Pearl buttons. No. 10C. Same grade as our No. 10P. Each, **\$3.50**
No. 12C. Same grade as our No. 12P. Each, **\$3.00**
No. 10CP. Pockets, otherwise same as No. 10C. Each, **\$4.25**



No. 10CP



Nos. 10PW and 12PW

No. 12PW. Worsted; solid stock color body and sleeves with 6-inch stock color stripe around body. Each, **\$3.00**

No. 10PX. Good quality worsted, fashioned; solid stock color body, with stock color striped sleeves, usually alternating two inches of same color as body, with narrow stripes of any other stock color. Each, **\$3.50**



Nos. 10PX and 12PX



No. 12PV

No. 12PV. Worsted, solid stock colors, with V-neck instead of full collar as on regular jerseys. Each, **\$3.00**

No. 12PX. Worsted, solid stock color body, with stock color striped sleeves, usually alternating two inches of same color as body, with narrow stripes of any other stock color. Each, **\$3.00**

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ACCEPT NO SUBSTITUTE THE SPALDING



TRADE-MARK GUARANTEES
QUALITY

SPALDING Automobile SWEATER



Collar
Turned
Up



Collar
Turned
Down



No. W.J. Most satisfactory and comfortable style for automobilists; also useful for training purposes, reducing weight, tramping during cold weather, golfing, shooting, tobogganing, snowshoeing; in fact, for every purpose where a garment is required to give protection from cold or

inlement weather. High collar that may be turned down, changing it into neatest form of button front sweater. Highest quality special heavy weight worsted. Sizes, 28 to 44 inches. In stock colors. Each, **\$8.50**

PLAIN COLORS. All Spalding Sweaters are supplied in any of the colors designated, at regular prices. Other colors to order, one in any quality, **50c.** each garment extra.

SPECIAL NOTICE. We will furnish any of the solid color sweaters with one color body, and another color, not striped, collar and cuffs in stock colors only, at no extra charge. N. B. We designate three shades which are sometimes called **RED.** These are Scarlet, Cardinal and Maroon. Where **RED** is specified on order Scarlet will be supplied.

Spalding "Highest Quality" Sweaters



We are particular to have teeth in all our sweaters, and these are worked accordingly. It is insisted, however, that no collar or cuff is made about two inches larger than coat, no garment being ordered to insure a comfortable fit.

WORSTED SWEATERS. Made of special quality wool, and exceedingly soft and pleasant to wear. They are full-fashioned to body and arms and put together by hand, not simply stitched up on a machine as are the majority of garments sold as regular made goods.

All made with 9-inch collars; sizes 28 to 44 inches.

No. AA. The proper style for use after heavy exercise, inducing copious perspiration, for reducing weight or getting into condition for athletic contests. Particularly suitable also for Foot Ball and Skating. Heaviest sweater made. In stock colors. Each, **\$9.00**

No. A. "Intercollegiate." In stock colors. Special weight. **7.00**

No. B. Heavy weight. In stock colors. **6.00**



Front View

Back View

Spalding Combined Knitted Muffler and Chest Protector

No. M. Special weight; highest quality worsted in solid stock colors to match our sweaters. Each, **\$1.25**

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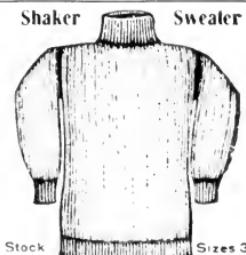


Sydney,
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San Francisco
Seattle
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St. Paul

Shaker Sweater



In Stock
Colors

Sizes 30
to 44 in.

Fills a demand for a heavy weight as our "Highest Quality" grade, but at a lower price.

No. 3. Standard weight, slightly lighter than No. B. Each, **\$4.00**

Spalding Vest Collar Sweater



No. BC. Best quality worsted, good weight; with extreme open or low neck. In stock colors. Ea., **\$2.00**

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SPALDING JACKET SWEATERS

STOCK COLORS

PLAIN COLORS—All Spalding Sweaters are supplied in any of the following stock colors at regular prices. Other colors to order only in any quality 50c. each extra.

GRAY WHITE CARDINAL COLUMBIA BLUE OLIVE GREEN PURPLE OLD GOLD
ORANGE MAROON NAVY BLUE PEACOCK BLUE IRISH GREEN YELLOW & DRAB
BLACK SCARLET ROYAL BLUE DARK GREEN PINK SEAL BROWN

SPECIAL NOTICE—We will furnish any of the solid color sweaters mentioned below with one color body and another color (not striped) collar and cuffs in stock colors only at no extra charge. This does not apply to the No. 3JB Boys' Sweater.

Sizes 28 to 44 inch chest measurement. We allow four inches for stretch in all our sweaters, and sizes are marked accordingly. It is suggested, however, that for very heavy men a size about two inches larger than coat measurement be ordered to insure a comfortable fit.



No. VGP

* BUTTON FRONT

No. **VG**. Best quality worsted, heavy weight, pearl buttons. Made in regular stock colors, also in Dark Brown Mixture. Each, **\$7.00**

No. **DJ**. Fine worsted, standard weight, pearl buttons, fine knit edging. Made in regular stock colors, also in Sage Gray. Each, **\$6.00**

No. **3J**. Standard weight wool, Shaker knit, pearl buttons. In stock colors. Each, **\$5.00**

WITH POCKETS

No. **VGP**. Best quality worsted, heavy weight, pearl buttons. In stock colors. With pocket on either side and a particularly convenient and popular style for golf players. Each, **\$7.50**



No. VG. Showing special trimmed edging and cuffs supplied, if desired, on jacket sweaters at no extra charge.



No. CDW

Spalding Special Base Ball Sweaters

No. **CDW**. Good quality worsted, ribbed knit. In stock colors. Special trimmed edging and cuffs in stock colors supplied at no extra charge. Each, **\$5.50**

Boys' Jacket Sweater

No. **3JB**. This is an all wool jacket sweater, with pearl buttons; furnished only in sizes from 30 to 36 inches chest measurement. In stock colors. Each, **\$3.50**



No. 3JB

Spalding Ladies' Sweaters

Knit in the Spalding athletic stitch of best quality long fibre worsted; full fashioned to shape of body on special machine and finished by hand. Cuffs, pocket and edging of special stitch. Good quality pearl buttons. Patch pockets. Attractive in appearance and, being properly made, they fit well and give satisfactory wear. Furnished in regular stock colors.

No. **LDJ**. Ladies' Sweater, regular button front. Each, **\$8.00**

No. **LWJ**. With special reversible collar, as on our Men's No. WJ Automobile Sweater. Each, **\$10.00**



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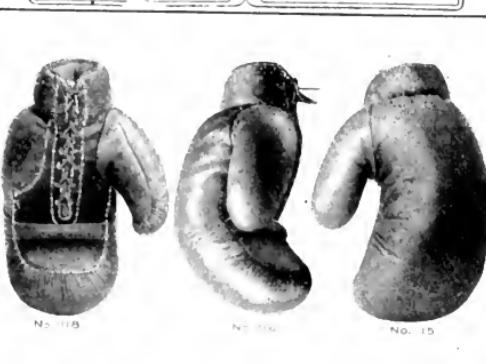
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The Spalding Championship Gloves

The Spalding "Championship" Gloves are endorsed by all champions and have been exclusively used for years in championship contests and in training. The material and workmanship are of the highest quality, the fit is perfect, and by their peculiar construction absolutely prevent any chance of injury to the hands or wrists. Each set is carefully inspected before packing and guaranteed in every particular. Made in three sizes in sets of four gloves.



Used and Endorsed by Champions
of the World

No. 115. The Spalding 5-oz. "Championship" Glove.

Per set of four

gloves, **\$6.00**

No. 116. The Spalding 6-oz. "Championship" Glove.

Per set of four

gloves, **\$6.00**

No. 118. The Spalding 8-oz. "Championship" Glove.

Per set of four

gloves, **\$6.50**

Spalding "Special" No. 218

Same style as our "Championship" 8-oz. Gloves, but not same quality material and workmanship. No. 218. Per set of four gloves, **\$4.50**



BURNS VS. JOHNSON
SPALDING GLOVES USED

Kerry Copyright.



Spalding Pupil's Boxing Glove

Spalding "Navy Special" Championship Gloves

Used by the Champions of the Navy



These gloves are made of a special "sea green" leather, of particularly durable quality. Furnished in 8-oz. only, similar in style to No. 118, and with padded wrist. No. 18N. Per set of four gloves, **\$5.00**

Spalding Pupil's Boxing Gloves

Acting on the suggestion of one of the most prominent athletic officials in this country, we decided recently to get up a boxing glove that would be an aid to the pupil learning to box. This glove is additionally padded on the forearm and over the wrist, to prevent that soreness which is one of the most discouraging features following a brisk lesson in the art of "blocking."

The glove part is well padded with curled hair, the leather being best quality soft tanned. No. 110. Per set of four gloves, **\$6.00**



The Spalding Instructors' Gloves, 10-oz.

Made of best grade brown glove leather, extra heavily padded over the knuckles and with special large padded thumb to prevent injury to either instructor or pupil. Laces extra far to provide ample ventilation and has patent palm grip.

No. 100. Per set of four gloves, **\$6.00**

EACH SET OF BOXING GLOVES CONSISTS OF FOUR GLOVES, MATED IN TWO PAIRS

The Spalding 5-oz. Boxing Gloves

None Better at Any Price

Made of special quality light tan-colored glove leather, very soft and smooth. Plain laced wrist-band, patent palm lacing and patent palm grip. An ideal glove for limited round contests.



No. 105. Per set of four gloves, **\$7.00**

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No. 3R

Spalding Patent Combination Swimming Suit

Best quality worsted. Furnished in solid color only. Black, Navy Blue and Gray. Shirt has combination supporter. Arm holes extra large and fastens to trunks at side with invisible catches, making a tight fitting neat combination. White canvas belt with adjustable

buckle forms part of Shirt of No. 3R

trunks, no drawing tape to knot or break. Pocket for change, etc., inside of trunks. A thoroughly up-to-date and comfortable swimming suit. No. 3R. Suit, \$5.00

Trunks of No. 3R



No. 2R

Expert Racing and Swimming Suits
No. 2R. Mercerized cotton, Navy Blue, silly finish, and sheds water readily; buttons over shoulders. Suit, \$2.00

No. 1R. Cotton, Navy Blue, light in weight, snug fitting. Buttons over shoulders. Suit, \$1.00

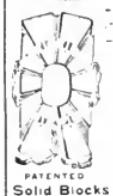
Spalding One-Piece Bathing Suits

No. 743. Men's sizes, 32 to 44 inch chest; fancy stripes; button in front. 75c.
No. 521B. Boys' sizes, 24 to 32 inch chest; fancy stripes; button in front. 50c.
No. 50. Sleeveless, cotton; solid Navy Blue; button at shoulders. 75c.

Official Association Water Polo Cap

No. WPC. Used to distinguish swimmers in match races, the caps being made in a variety of colors. Also add interest to water polo games by enabling spectators to pick out easily the players on opposing teams. Each, \$1.00

Everfloat



SOLID BLOCKS

Swimming Collars and Jackets



Surf Riding with Inflated Collar.



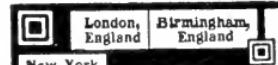
Inflated Style Ready for Use.

No. E. An inflated collar, made with waterproof canvas outer cover, and fine quality rubber inner tube for inflation. Complete with canvas straps to go under arms and over shoulders. A most reliable, simple and quickly adjusted swimming collar and life preserver. Can be used also as boat seat, etc. Inflated Collar. Each, \$3.00

No. N. This jacket is filled with solid blocks of indurated fibre, more buoyant and reliable than ordinary cork jackets. Complete with canvas straps to go under arms and over shoulders. Solid Jacket. Each, \$3.00

Spalding Cork Swimming Jackets and Collars These jackets and collars are covered with a close woven waterproof canvas and stuffed with ground cork. No. 1. Jacket for adults, weight 2 $\frac{1}{4}$ lbs. Ea., \$2.00
No. 2. Jacket for children, weight 1 $\frac{1}{2}$ lbs. Ea., \$1.75 | No. 3. Collars for adults or children. 1.00

Ayvad's Water Wings No. 1. Plain white. Each, 25c. | No. 2. Variegated colors. Each, 35c.



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Montreal, Can.

New Orleans

St. Louis

Kansas City

Seattle

Minneapolis

St. Paul

Spalding Worsted Bathing Trunks



No. 1. Worsted, full fashioned, best quality, in Navy, Black, White and Maroon. \$2.50

No. 2. Cut worsted, in Navy and Black. \$1.25

Flannel Bathing Knee Pants

No. F. Good quality Gray or Navy flannel knee pants; fly front; belt loops. Loose fitting and just the thing for those who dislike bathing tights. \$2.00

Cotton Bathing Trunks

No. 601. Navy Blue; Red or White stripes. Per pair, 50c.

No. 602. Solid Navy Blue. Per pair, 35c.

No. 603. Fancy stripes. Per pair, 25c.

Spalding Bathing Slippers

No. 13. White canvas. With soles to give protection to the feet. Any Size. Per pair, 50c.



Spalding Waterproof Canvas Bag



No. 1. Made of canvas, lined with rubber, and thoroughly waterproof. Each, \$1.00

Spalding Two Piece Bathing Suits

ALL STYLES FURNISHED IN SIZES 28 TO 44 INCH CHEST MEASUREMENT



No. 605



No. 608



No. 28



No. 396



No. 396B



No. 195

No. 605. Sleeveless, cotton, Navy Blue. Suit. **75c.**

No. 606. Sleeveless, cotton, in Navy Blue, with either Red or White trimmings on shirt: plain pants. Per suit, **\$1.00**

No. 608. Sleeveless, finest quality cotton, trimmed pants and shirts. Colors: Navy and Red or Navy and White only. Per suit, **\$1.25**

No. 28. Quarter sleeve, cotton, fashioned, mercerized silk trimmings in following colors only: Navy trimmed Red; Navy trimmed White. Suit. **\$1.50**

No. 600. Fine quality cut worsted, in plain Navy, Black or Maroon; sleeveless style. Per suit. **\$3.00**

No. 601. Fine quality cut worsted in plain Navy, Black and Maroon; quarter sleeve. Suit **\$3.25**

No. 396. Sleeveless, fine quality worsted, with plain pants, either Black or Navy Blue, and shirt striped two inches each color alternately in following combinations: Red and Black, Red and White, Navy and Red, Black and Orange, Cardinal and Gray, Royal Blue and White, Maroon and White. Per suit, **\$3.50**

No. 396B. Sleeveless, fine quality worsted, with plain pants, either Black or Navy Blue, and shirt with 4-inch stripe around body in following combinations: Navy and White, Black and Orange, Black and Red, Gray and Cardinal. Per suit, **\$3.50**

No. 195. Sleeveless, fancy worsted, with attractive striping on shirt and pants in following colors: Black trimmed Red; Navy trimmed Gray; Gray trimmed Navy; Navy trimmed White. Suit, **\$3.50**

No. 614. Quarter sleeve, fine quality worsted, striping on shirt and pants in following colors only: Navy trimmed Gray; Navy trimmed White; Gray trimmed Navy; Navy trimmed Red. Per suit, **\$3.75**

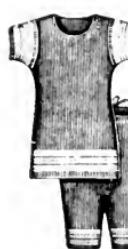
No. 196. "V" Neck, sleeveless, fancy worsted, with striping on shirt and pants in following colors only: Black trimmed Red; Navy trimmed Gray; Gray trimmed Navy; Navy trimmed White. Suit, **\$4.00**

No. 110. Sleeveless, worsted, full fashioned, best quality, Navy, Black or Maroon. Suit. **\$5.00**

No. 111. Quarter sleeve, striped worsted, same quality as No. 110, in following colors only: Maroon trimmed White; Black trimmed Orange; Navy trimmed white. Per suit, **\$6.50**

No. 95. "V" Neck, sleeveless, light weight sweater yarn, solid colors; trimmings of different color in following combinations: Gray and Navy, Navy and White, Black and Light Blue. Per suit, **\$6.50**

No. 295. Sleeveless, extra quality fashioned worsted, with attractive striping on shirt and pants in following colors: Gray trimmed Navy, Navy trimmed Gray; Navy trimmed White. Per suit, **\$6.00**



No. 614



No. 196



No. 110



No. 111



No. 35



No. 295

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The Spalding "OFFICIAL National League" Ball

Is in a class by itself. It has no rival, even in approximate excellence. It has attained a degree of perfection in manufacture where the genius of man seems unable to conceive of any design for its improvement. The Spalding Ball has reached this high stage of development from very modest beginnings. Time was when American boys had to be satisfied with a base ball composed of a slice from a rubber shoe, some yarn from their dad's woolen sock and a cover made of leather bought from the village cobbler and deftly wrapped and sewed on by their patient mother, after her day's work was done. But that time is no more; for, whatever may be true of the doughnuts and pies that "mother used to make," —and we all remember how good they were—the home-made creations of our maternal ancestry in the base ball line had to give way when the house of A. G. Spalding & Bros. entered that field, and long ago the **Spalding "Official National League" Ball** distanced all competition in the race for popular supremacy.

The game of base ball has become our National Game because its integrity has been preserved through many years. For identically the same reason, the **Spalding "Official National League" Ball** has won its place in the high esteem of all devotees of the sport. Like the game in which it is used, its integrity is above suspicion.

It is well for the youth of America to learn the lesson that while the cheapest things are very seldom the best things, the best are always the cheapest in the end. The price of the genuine **Spalding "Official National League" Ball** is **\$1.25** each—no more and no less. The market abounds with so-called "League Balls," all listed at \$1.25 each, for the sole purpose of deceiving the purchaser and enabling the "just as good" dealer to work the discount scheme on the boy who is not posted.

This is the reason why bright boys always insist upon the Spalding Ball and decline to accept any substitute. To many parents, a ball is a ball; but to the American lad who knows, only a Spalding Ball is the genuine and Official Ball of the game, and substitution of "something equally as good" does not go with him, for he has learned that to become a good ball player and get the greatest pleasure out of the game, he must use the same ball that all the leading professional players use—and this is the **Spalding "Official National League" Ball.**

A. G. Spalding & Bros

ACCEPT NO SUBSTITUTE THE SPALDING



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GUARANTEES
QUALITY



Spalding "Official National League" REG. U. S. PAT. OFF. Ball

Official Ball
of the Game
for over
Thirty Years



ADOPTED by the National League in 1878, and the only ball used in Championship games since that time. Each ball wrapped in tinfoil, packed in a separate box, and sealed in accordance with the latest League regulations. Warranted to last a full game when used under ordinary conditions.

No. 1. Each, \$1.25

Per Dozen, \$15.00

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ACCEPT NO SUBSTITUTE **THE SPALDING** TRADE-MARK GUARANTEES
MADE IN U.S.A.

The Spalding Official Basket Ball



**THE ONLY
OFFICIAL
BASKET BALL**

WE GUARANTEE
this ball to be perfect in material and workmanship and correct in shape and size when inspected at our factory. If any defect is discovered during the first game in which it is used, or during the first day's practice use, and, if returned at once, we will replace same under this guarantee. We do not guarantee against ordinary wear nor against defect in shape or size that is not discovered immediately after the first day's use.

Owing to the superb quality of our No. M. Basket Ball, our customers have grown to expect a season's use of one ball, and at times make unreasonable claims under our guarantee, which we will not allow.

A. G. SPALDING & BROS.

OFFICIALLY ADOPTED AND STANDARD. The cover is made in four sections, with capless ends, and of the finest and most carefully selected pebble grain English leather. We take the entire output of this superior grade of leather from the English tanners, and in the Official Basket Ball use the choicest parts of each hide. The bladder is made especially for this ball of extra quality pure Para rubber (no composition.) Each ball packed complete, in sealed box, with rawhide lace and lacing needle, and guaranteed perfect in every detail. To provide that all official contests may be held under absolutely fair and uniform conditions, it is stipulated that this ball must be used in all match games of either men's or women's teams.

No. M. Spalding "Official" Basket Ball. Each, \$6.00

Extract from Men's Official Rule Book

RULE II - BALL.

SEC. 3. The ball made by A.G. Spalding & Bros. shall be the official ball. Official balls will be stamped as herewith, and will be in sealed boxes.

SEC. 4. The official ball must be used in all match games.



**Extract from
Official Collegiate Rule Book**

The Spalding Official Basket Ball No. M. is the official ball of the Intercollegiate Basket Ball Association, and must be used in all match games.



Extract from Women's Official Rule Book

RULE II - BALL.

SEC. 3. The ball made by A.G. Spalding & Bros. shall be the official ball. Official balls will be stamped as herewith, and will be in sealed boxes.

SEC. 4. The official ball must be used in all match games.



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Spalding
"Special No. E"



No. E. Fine pebble grain leather case. The bladder of pure Para rubber (no composition) and guaranteed. Each ball complete in sealed box, with rawhide lace and lacing needle. Each, \$4.50

Spalding
Practice "No. 18"



No. 18. Good quality leather cover. Each ball complete in box with pure Para rubber (no composition) bladder guaranteed; rawhide lace and lacing needle. Each, \$3.00

No. 01. Canvas Cover, for holding inflated basket ball. Each, \$1.00

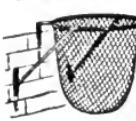
Spalding
Basket Ball Score Books

No. 1. Paper cover, 10 games, 10c.
No. 2. Cloth cover, 25 games, 25c.
No. A. Collegiate, paper cover, 10 games. Each, 10c.
No. B. Collegiate, cloth cover, 25 games. Each, 25c.

Spalding "Official" Basket Ball Goals

Officially adopted and must be used in all match games. We are equipping our basket ball goals now with nets constructed so that the bottom may be left open in practice games to permit ball to drop through. The opening is closed readily by a draw string for match games. No. 80. Per pair, \$4.00

Extract from Official Rule Book



RULE III.—GOALS
Sec. 3. The goal made by A. G. SPALDING & BROS. shall be the official goal.
Sec. 4. The official goal must be used in all match games.

Spalding Detachable Basket Ball Goals



No. 50. Made so that they may be detached readily from the wall or upright, leaving no obstruction to interfere with other games or with general gymnasium work. Same size basket and brace, same length as on official goals. Pat. May 22, 1899



Per pair, \$5.00

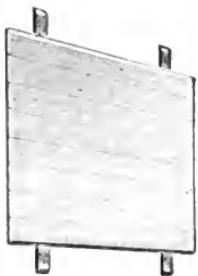
Spalding Practice Goals

No. 70. Japanned Iron Rings and Brackets. Complete with nets. Per pair, \$3.00

Spalding Outdoor Goals



The upright post is made of 4x6 inch selected chestnut. The backstop itself is made of tongue and groove chestnut, all of the woodwork being given two coats of durable outdoor paint. Furnished complete with pair of No. 80 Official Basket Ball Goals.



No. 160. Pair, \$40.00

Spalding Backstops Only for Basket Ball Goals

These backstops are made of $\frac{3}{4}$ -inch matched hard wood. The back of the board is reinforced by three cleats of $2 \times 2\frac{1}{2}$ inch material. On flat walls the two end cleats extend above and below the backstop, which is attached to the wall by bolting through these cleats.

No. 100. Per pair, \$20.00

Spalding Thumb Protector

No. T. A substantial support that players will appreciate. Each, 50c.



Each, 50c.



Spalding Bladders—Guaranteed Quality
All rubber bladders bearing our Trade-Mark are made of pure Para rubber (no composition), and are guaranteed perfect in material and workmanship. Note special explanation of guarantee on tag attached to each bladder.

No. OM. For No. M ball. Each, \$1.50
No. 16. For No. E ball. " " 1.00
No. A. For No. 18 ball. " " 1.00

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The Only Official Association Foot Ball

An Old Favorite—just as Popular as ever



WE GUARANTEE every Spalding Foot Ball to be perfect in material and workmanship and correct in shape and size when inspected at our factory. If any defect is discovered during the first game in which it is used, or during the first day's practice use, and, if returned at once we will replace same under this guarantee. We do not guarantee against ordinary wear nor against defect in shape or size that is not discovered immediately after the first day's use. Owing to the superb quality of every Spalding Foot Ball, our customers have grown to expect a season's use of one ball, and at times make unreasonable claims under our guarantee, which we will not allow.

A. G. Spalding & Bros.

The Spalding Official No. L Association Foot Ball

The case of our No. L Ball is constructed in four sections with capless ends, neat in appearance and very serviceable. Material and workmanship are of highest quality and fully guaranteed. Each ball is

packed complete in sealed box, with pure Para rubber (no composition) guaranteed bladder, foot ball inflater, rawhide lace and lacing needle. Contents guaranteed if seal is unbroken.

No. L. The Spalding "Official" Association Foot Ball. \$5.00

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The Spalding Official Intercollegiate Foot Ball



This is the ONLY OFFICIAL COLLEGE FOOT BALL, and is used in every important match played in this country. **Guaranteed absolutely if seal of box is unbroken.** We pack with leather case and guaranteed pure Para rubber bladder (no composition), an inflator, lacing needle and rawhide lace.

No. J5. - Complete, \$5.00

WE GUARANTEE every Spalding Foot Ball to be perfect in material and workmanship and correct in shape and size when inspected at our factory. If any defect is discovered during the first game in which it is used, or during the first day's practice use, and if returned at once, we will replace same under this guarantee. We do not guarantee against ordinary wear nor against defect in shape or size that is not discovered immediately after the first day's use.

Owing to the superb quality of every Spalding Foot Ball, our customers have grown to expect a season's use of one ball, and at times make unreasonable claims under our guarantee which we will not allow.

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SPALDING **Gymnasium Apparatus**

MANY years' experience is behind Spalding Gymnasium Apparatus. The most thoroughly equipped and largest plant of its kind in the world makes possible the highest grade of apparatus at the lowest cost of manufacture.

Apparatus of the highest grade—Spalding—insures safety to the users, saves the necessity of constant supervision of parts, gives freedom from worry and adds valuable time to the day's programme, does not "eat its head off" in repairs, gives by its durability many years of added service, and proves itself a valuable investment.

Every piece of Spalding apparatus is manufactured and sold under the Spalding Guarantee, and the Spalding Guarantee for 30 years has meant something.

To those contemplating the purchase of Gymnasium Apparatus we solicit a careful comparison of quality. The quality of apparatus selected is a potential factor in the success of the gymnasium.

We will be glad to prepare plans and submit suggestions for college, playground or private equipments. Our experience, knowledge and facilities are freely offered to anyone interested.

A. G. SPALDING & BROS., Inc.
Gymnasium Contract Department CHICopee, MASS.

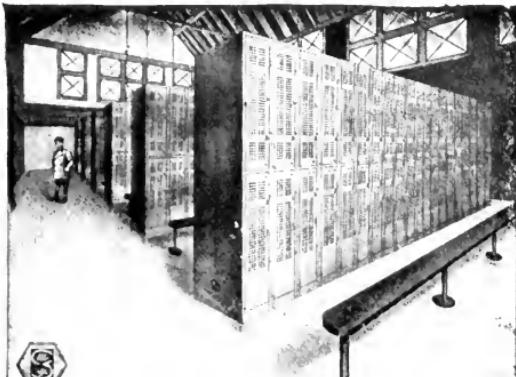


Durand-Steel Lockers

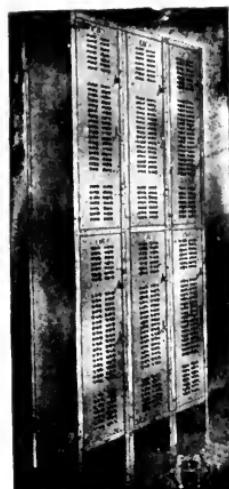
Wooden lockers are objectionable, because they attract vermin, absorb odors, can be easily broken into, and are dangerous on account of fire.

Lockers made from wire mesh or expanded metal afford little security, as they can be easily entered with wire cutters. Clothes placed in them become covered with dust, and the lockers themselves present a poor appearance, resembling animal cages.

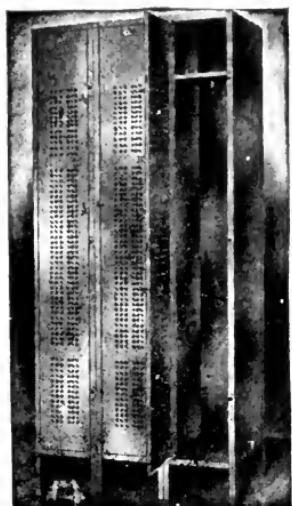
Durand-Steel Lockers are made of finest grade furniture steel and are finished with gloss black, furnace-baked japan (400°), comparable to that used on hospital ware, which will never flake off nor require refinishing, as do paints and enamels.



Some of the 6,000 Durand Steel Lockers installed in the Public Gymnasiums of Chicago. 12' x 15' x 42", Double Tier.



612 Lockers in Double Tier



Three Lockers in Single Tier

Durand-Steel Lockers are usually built with doors perforated full length in panel design with sides and backs solid. This prevents clothes in one locker from coming in contact with wet garments in adjoining lockers, while plenty of ventilation is secured by having the door perforated its entire length, but, if the purchaser prefers, we perforate the backs also.

The cost of Durand-Steel Lockers is no more than that of first-class wooden lockers, and they last as long as the building, are sanitary, secure, and, in addition, are fire-proof.

THE FOLLOWING STANDARD SIZES ARE THOSE MOST COMMONLY USED:

DOUBLE TIER	SINGLE TIER
12 x 12 x 36 Inch	12 x 12 x 60 Inch
15 x 15 x 36 Inch	15 x 15 x 60 Inch
12 x 12 x 42 Inch	12 x 12 x 72 Inch
15 x 15 x 42 Inch	15 x 15 x 72 Inch

SPECIAL SIZES MADE TO ORDER.

We are handling lockers as a special contract business, and shipment will in every case be made direct from the factory in Chicago. If you will let us know the number of lockers, size and arrangement, we shall be glad to take up, through correspondence, the matter of prices.



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Spalding's Official Athletic Almanac

The
Recognized Official
Authority
on all
Matters Athletic
Published Annually
Price, 10 Cents



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Amateur
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A. A. U. Champions—
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SPALDING'S ATHLETIC LIBRARY
GROUP XII. No. 331.

Schoolyard Athletics

By J. E. SULLIVAN

President Amateur Athletic Union;
Member Board of Education Greater New York.

THE great interest in athletics that has developed in the public schools within recent years has led to the compilation of this book with a view to the systemization of the various events that form the distinctively athletic feature of school recreation. With its aid any teacher should be able to conduct a successful meet, while the directions given for becoming expert in the various lines will appeal to the pupil. Some of the leading athletes have contributed chapters on their specialties: Ray Ewry, holder of the world's high jump record, tells how to practice for that event; Harry Hillman, holder of the hurdle and three-legged records, gives hints on hurdle racing and three-legged racing; Martin Sheridan, all-around champion of America, gives directions for putting the shot; Harry F. Porter, high jump expert, describes how to become proficient in that event. The book is illustrated with photos taken especially for it in public school yards.

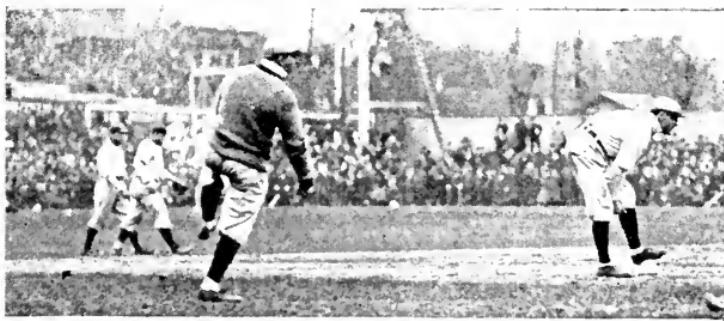
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	Atlanta	New Orleans	
		Dallas	
		Denver	



Spalding's Official Base Ball Guide

THE 1910 issue of the Guide marks the thirty-fourth year of its publication, and it is universally acknowledged that it surpasses all previous numbers in the wealth and variety of its contents. The illustrations especially are unusually attractive and comprise action pictures of leading players, world's championship scenes, minor league teams, college teams and individual pictures of prominent base ball writers of the United States. The text contains numerous special articles on timely base ball subjects, records, reviews, complete rosters of the big league teams, and the newly revised official playing rules.

Price 10 Cents

Sent postpaid on receipt of price by any of A. G. Spalding & Bros.' stores
(see list on inside front cover)





Do You Know



What team has won the American League championship the greatest number of times?

What team has been a successive three-time winner of the American Association pennant?

What are the only cases on record of a team playing three games in one day and winning all?

What is the time of the shortest professional game on record?

What was the greatest number of victories in a major league playing season?

What pitchers have had no-hit games to their credit in the major leagues since 1880?

What year was overhand pitching first authorized?

What player made an unassisted triple play in 1909?

What pitchers in the major leagues had over 10 successive victories to their credit in 1909?

What championship teams had over 100 victories in 1909?

What were the total receipts of the World's Championship Series of 1909?

What was the date of the first 1-0 professional contest?

What player holds the record for circling the bases?

What major league holds the record for greatest number of shut-out games in a season?

Who holds the long distance throwing record?

Who hold the record for greatest number of chances accepted in their respective fielding positions?

Who was the leading batter in 1879?

Who was the leading pitcher of the National League in the first year of its existence?

Who was president of the Chicago club in 1876?

Who was first president of the National League?

Who has led the National League first basemen in that position the greatest number of times?

Who won the National League batting championship the greatest number of times?

Who holds the record for successive pitching victories?

Who holds the record for pitching most consecutive games?

Who were the leading batters in the major and minor leagues in 1909?

Who is the only player that has caught a ball dropped from the Washington Monument?

Who comprise the Grand National All-America Championship Team?

Who were the major league "300" hitters in 1909?

Who struck out the most batsmen in the National League in 1909?

The answers to above questions, and hundreds of others, will be found in the new 1910 issue of

SPALDING'S OFFICIAL BASE BALL RECORD

The contents of the 350 pages of the 1910 RECORD comprise in part the complete official averages of the major and minor leagues for 1909, with standing of clubs and list of previous winners in each organization since its inauguration; a most interesting account of the past year in base ball, presented in chronological order; charts showing the race in all of the major and minor leagues, presenting a graphic illustration of the fluctuations of the teams as they advanced or receded from the coveted first position; list of batsmen who have made .400 since 1871; batsmen who have batted .300 in any major league since 1876, etc., etc. The illustrations are an important feature of the book and comprise groups of all the champion teams in the major and minor leagues, world's series scenes, etc.

SPALDING'S OFFICIAL BASE BALL RECORD will be sent anywhere on receipt of 10 cents by any of A. G. SPALDING & BROS.' stores (see list on inside front cover).

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Sandow's Patent Spring Grip Dumb Bells



EUGEN SANDOW, Patentee.

A. G. SPALDING & BROS.

SOLE AMERICAN AND CANADIAN LICENSEES

AN ENTIRE SYSTEM of Physical Culture is embraced within the exercises possible with these wonderful dumb bells.

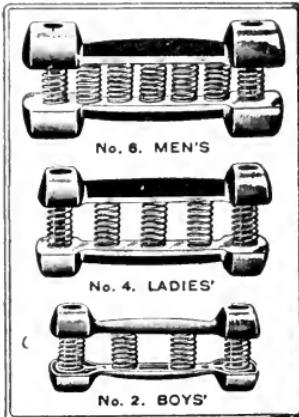
The bells are made in two halves connected by steel springs, the effort necessary in gripping compelling the pupil to continually devote his whole mind to each movement. This concentration of will power on each muscle involved is what is responsible for the great results obtained through properly exercising with them.

Sandow's Patent Spring Grip Dumb Bells

No. 6. MEN'S. Nickel-plated; fitted with seven steel springs. Per pair, **\$3.00**

No. 4. LADIES'. Nickel-plated; fitted with five steel springs. Per pair, **\$2.50**

No. 2. BOYS'. Nickel-plated; fitted with four steel springs. Per pair, **\$2.00**



We include with each pair of Sandow Dumb Bells a chart of exercises by Sandow and full instructions for using. Also a piece of selvyt cloth for keeping dumb bells in good condition.



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THE following selection of items from their latest Catalogue will give an idea of the great variety of ATHLETIC GOODS manufactured by A. G. SPALDING & BROS. SEND FOR A FREE COPY.

Archery	Gloves—	Numbers, Compet-	Shoes—
Bags—	Base Ball	Pads—	Jumping
Bat	Boxing	Chamois, Fencing	Running
Cricket	Cricket	Foot Ball	Skating
Striking	Fencing	Sliding, Base Ball	Squash
Uniform	Foot Ball	Pants—	Tennis
Balls—	Golf	Base Ball	Shot—
Base	Handball	Basket Ball	Athletic
Basket	Hockey, Ice	Foot Ball, College	Indoor
Cricket	Glove Softener	Foot Ball, Rugby	Massage
Field Hockey	Goals—	Hockey, Ice	Skates—
Foot, College	Basket Ball	Running	Ice
Foot, Rugby	Foot Ball	Pennants, College	Roller
Foot, Soccer	Hockey, Ice	Plates—	Skis
Golf	Golf Clubs	Base Ball Shoe	Sleeve, Pitchers
Hand	Golf Counters	Home	Snow Shoes
Indoor	Golfette	Marking, Tennis	Squash Goods
Medicine	Gymnasium, Home	Pitchers' Box	Straps—
Playground	Gymnasium Board	Pitchers' Toe	Base Ball
Squash	Hammers, Athletic	Teeing, Golf	For Three-
Tennis	Hats, University	Platforms, Striking	Legged Race
Volley	Head Harness	Bag	Skate
Water Polo	Health Pull	Poles—	Stockings
Bandages, Elastic	Hockey Sticks, Ice	Vaulting	Striking Bags
Bathing Suits	Hole Cutter, Golf	Polo, Roller, Goods	Suits—
Bats—	Hole Rim, Golf	Posts—	Basket Ball
Base Ball	Horse, Vaulting	Backstop, Tennis	Gymnasium
Cricket	Hurdles, Safety	Lawn Tennis	Gymnasium,
Belts	Hurley Goods	Protectors—	Ladies'
Caps—	Indian Clubs	Abdomen	Running
Base Ball	Jackets—	Base Ball Body	Soccer
University	Fencing	Eye Glass	Swimming
Water Polo	Foot Ball	Push Ball	Union Foot
Chest Weights	Javelins	Quoits	Ball
Circle, Seven-Foot	Jerseys	Rackets, Tennis	Supporters
Coats, Base Ball	Knee Protectors	Rings—	Ankle
Collars, Swimming	Lacrosse	Exercising	Wrist
Corks, Running	Lanes for Sprints	Swinging	Suspensors
Covers, Racket	Lawn Bowls	Rowing Machines	Sweaters
Cricket Goods	Leg Guards—	Roque	Tether Tennis
Croquet Goods	Base Ball	Sacks, for Sack	Tights—
Discus, Olympic	Cricket	Racing	Full
Dumb Bells	Foot Ball	Score Board, Golf	Wrestling
Emblems	Markers, Tennis	Score Books—	Knee
Equestrian Polo	Masks—	Score Tablets, Base	Toboggans
Exerciser, Home	Base Ball	Shirts—	Trapeze
Felt Letters	Fencing	Athletic	Trunks—
Fencing Sticks	Nose [inal	Base Ball	Bathing
Field Hockey	Masseur, A bdom-	Basket Ball	Velvet
Flags—	Mattresses	Bowling	Worsted
College	Megaphones	Clog	Umpire Indica-
Foul, Base Ball	Mitts—	Cross Country	Uniforms
Marking, Golf	Base Ball	Cricket	[tor
Foils, Fencing	Handball	Fencing [ation	Wands, Calis-
Foot Balls—	Striking Bag	Foot Ball, Associa-	thetic
Association	Moccasins	Foot Ball, College	Watches, Stop
College	Nets—	Foot Ball, Rugby	Water Wings
Rugby	Cricket	Foot Ball, Soccer	Weights, 56-lb.
Glasses, Base Ball	Golf Driving	Golf	Whitely Exer-
Sun	Tennis	Gymnasium	cisers
Automobile	Volley Ball		Wrestling
			Equipment

Standard Policy

A Standard Quality must be inseparably linked to a Standard Policy.

Without a definite and Standard Mercantile Policy, it is impossible for a manufacturer to long maintain a Standard Quality.

To market his goods through the jobber, a manufacturer must provide a profit for the jobber as well as the retail dealer. To meet these conditions of Dual Profits, the manufacturer is obliged to set a proportionately high list price on his goods to the consumer.

To enable the glib salesman, when booking his orders, to figure out attractive profits to both the jobber and retailer, these high list prices are absolutely essential; but their real purpose will have been served when the manufacturer has secured his order from the jobber, and the jobber has secured his order from the retailer.

However, these deceptive high list prices are not fair to the consumer, who does not, and, in reality, is not ever expected to pay these fancy list prices.

When the season opens for the sale of such goods, with their misleading but alluring high list prices, the retailer begins to realize his responsibilities, and grapples with the situation as best he can, by offering "special discounts," which vary with local trade conditions.

Under this system of merchandising, the profits to both the manufacturer and the jobber are assured; but as there is no stability maintained in the prices to the consumer, the keen competition amongst the local dealers invariably leads to a demoralized cutting of prices by which the profits of the retailer are practically eliminated.

This demoralization always reacts on the manufacturer. The jobber insists on lower, and still lower, prices. The manufacturer in his turn, meets this demand for the lowering of prices by the only way open to him, viz.: the cheapening and degrading of the quality of his product.

The foregoing conditions became so intolerable that, ten years ago, in 1899, A. G. Spalding & Bros. determined to rectify this demoralization in the Athletic Goods Trade, and inaugurated what has since become known as "The Spalding Policy."

The "Spalding Policy" eliminates the jobber entirely, so far as Spalding Goods are concerned, and the retail dealer secures his supply of Spalding Athletic Goods direct from the manufacturer under a restricted retail price arrangement by which the retail dealer is assured a fair, legitimate and certain profit on all Spalding Athletic Goods, and the consumer is assured a Standard Quality and is protected from imposition.

The "Spalding Policy" is decidedly for the interest and protection of the users of Athletic Goods, and acts in two ways:

FIRST—The user is assured of genuine Official Standard Athletic Goods, and the same fixed prices to everybody

SECOND—As manufacturers, we can proceed with confidence in purchasing at the proper time, the very best raw materials required in the manufacture of our various goods, well ahead of their respective seasons, and this enables us to provide the necessary quantity and absolutely maintain the Spalding Standard of Quality.

All retail dealers handling Spalding Athletic Goods are required to supply consumers at our regular printed catalogue prices—neither more nor less—the same prices that similar goods are sold for in our New York, Chicago and other stores.

All Spalding dealers, as well as users of Spalding Athletic Goods, are treated exactly alike, and no special rebates or discriminations are allowed to anyone.

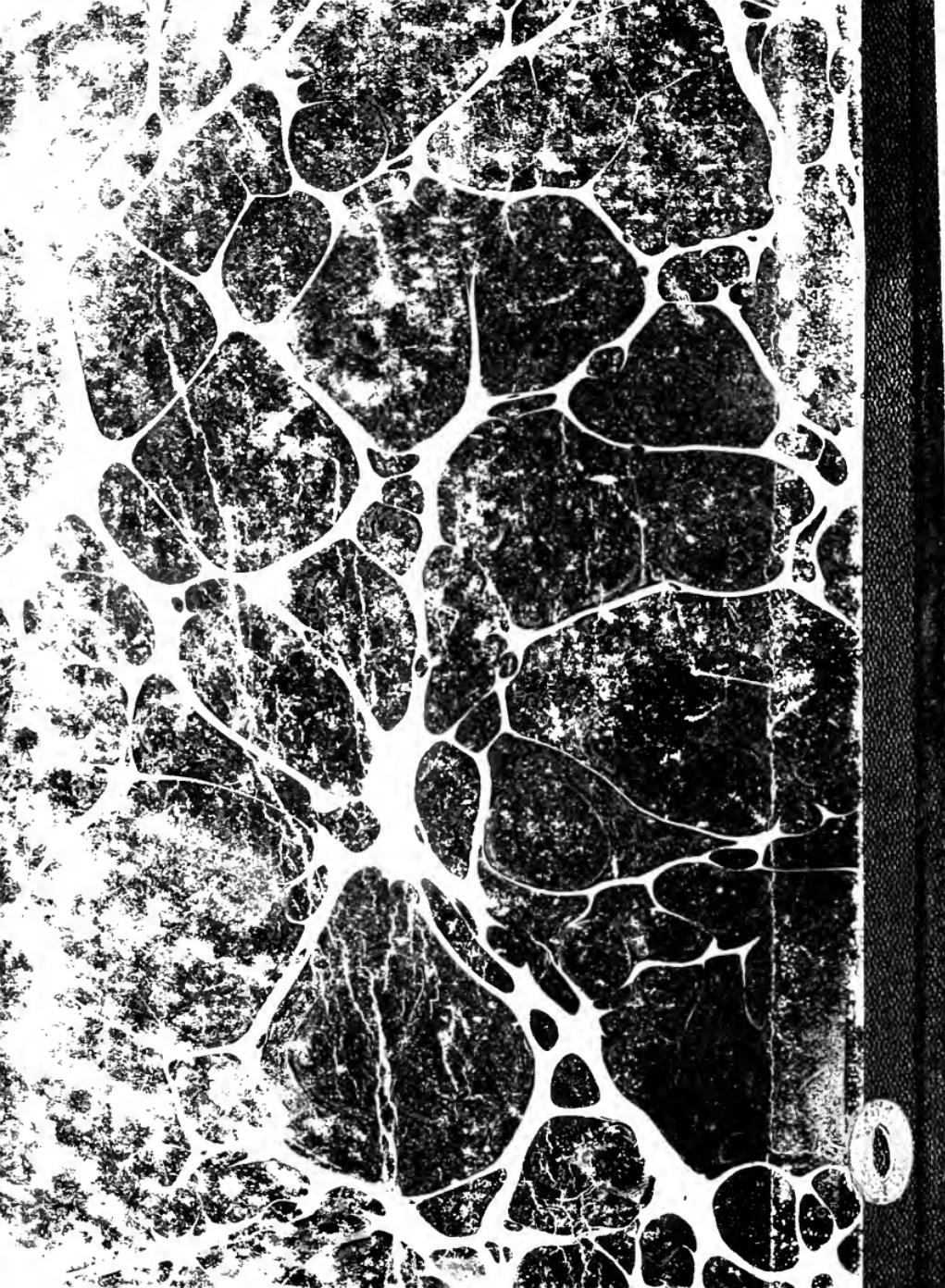
Positively, nobody; not even officers, managers, salesmen or other employes of A. G. Spalding & Bros., or any of their relatives or personal friends, can buy Spalding Athletic Goods at a discount from the regular catalogue prices.

This, briefly, is the "Spalding Policy," which has already been in successful operation for the past ten years, and will be indefinitely continued.

In other words, "The Spalding Policy" is a "square deal" for everybody.

A. G. SPALDING & BROS.

By *A. G. Spalding*
PRESIDENT





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